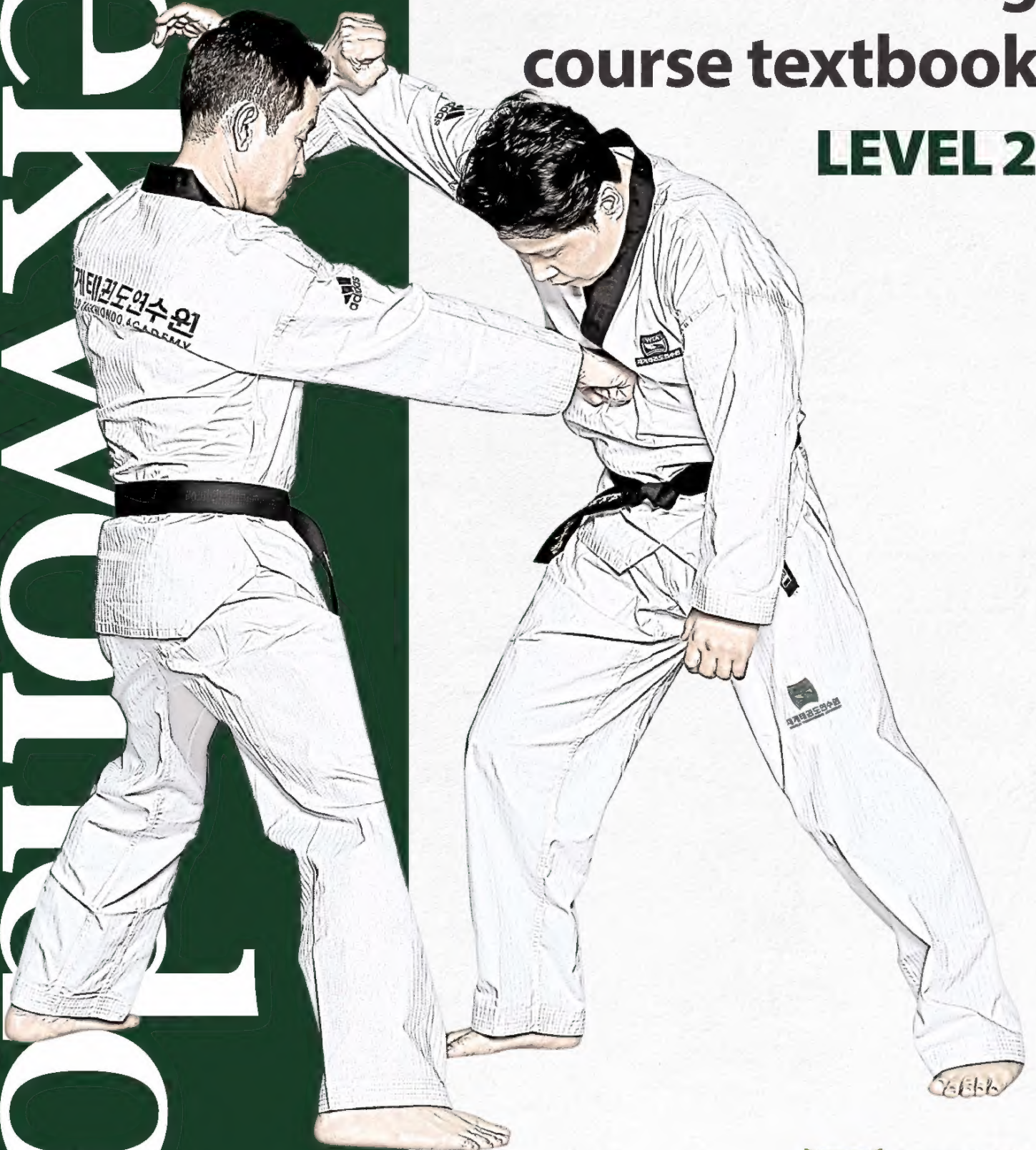


# Self Defense

**Instructor training  
course textbook**

**LEVEL 2**



**KUKKIWON**  
WORLD TAEKWONDO HEADQUARTERS

# Taekwondo self-defense

## Instructor trainingcourse textbook 2

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# **‘Taekwondo self-defense’**

**On the occasion of the publication of the textbook**

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Taekwondo is a Korean traditional martial art that has been permeated within the history of the nation. In the past Taekwondo studio, Self-defense was practiced along with Poomsae, Gyukpa and Gyeorugi, Self-defense training was appropriate for correct physical development and the right emotion of youth and teenagers and for the effect of protecting one's own body or improving health for adults and the elderly.

Self-defense increases self-confidence through training and gains practical experience through training competition(gyeorugi). It is an efficient technique that can protect you from various dangers that threaten your safety and body. However, despite the many advantages of self-defense, such as mental training, physical training, and coping skills, it is true that various skills necessary for self-defense have been lost amid changes such as training centered on Poomsae and Gyeorugi, and training centered on academics. Therefore, the development of the Taekwondo self-defense curriculum promoted by the Kukkiwon World Taekwondo Training Center is a conceptual introduction of Newtro, which means creating a new thing by fusion of the new and the old. We have made a new attempt to raise the skills for self-defense to the surface of the attention and to combine the training methods of Poomsae and Gyeorugi, which have been developed over the years.

This textbook has produced and recorded Poomsae related self-defense techniques for each level and stage, as well as self-defense techniques for practical use, according to the level of Taekwondo training. In addition, the method of teaching Taekwondo self-defense and reinforcement programs is used to protect one's body using step-by-step training, situational self-defense, and advanced self-defense. It is organized around technologies. As it is organized according to the order of Taekwondo Poomsae and the difficulty of technique and function, it has been systematized into contents that are differentiated from existing self-defense, and in particular, it has compensated insufficient parts such as the gap between the Poomsae and Gyorugi movement by organically connecting each

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stage of 'Basic Movements-Poomsae-Breaking-Gyeonggi'.

The newly introduced taekwondo self-defense curriculum and textbooks that contain detailed contents play a role in the Taekwondo world thirsty for Taekwondo education contents, play a leading role in expanding the overseas market of Taekwondo, and the excellence and practicality of Taekwondo Poomsae and Gyeonggi training. It is expected that the combined martial arts will faithfully fulfill its role as a practice book and guide.

Starting with Taekwondo self-defense, Kukkiwon promises to discover, develop, and continue to support various contents that will benefit all those who love Taekwondo.

Finally, I would like to express my deep appreciation to all the people involved in the development and hope that this textbook will help all Taekwondo families not only to develop Taekwondo studies but also to become great leaders.

Nov 30, 2020

**Kukkiwon**  
(World Taekwondo Headquarters)

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# Part 1

## Taekwondo self-defense THEORY









# I Understanding Taekwondo self-defense

1. Self-defense
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competition sparring and combat sparring.
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# I

## Taekwondo Understanding self-defense

### 1.

### Self-defense

Self-defense in the dictionary sense is a compound word of 'self-defense' and 'technique'. Self-defense refers to protecting the body, and the self-defense technique refers to a technique or the art of skill to protect one's body. Self-defense is a technique that always protects one's body safely from all factors, from the human threatening me (in the narrow sense) to all risk factors (in the broad sense), as well as the sudden situation in which an accident occurs. For the purpose of protecting the body, it encompasses both techniques of effectively avoiding dangers inflicted on oneself or blocking the opponent's attack in advance and physically suppressing them.

In modern society, natural disasters and numerous accidents frequently occur regardless of time and place, so it is difficult to protect one's life from such accidents. It is even more difficult for others always to protect our own safety and life. The best way to use self-defense is to avoid the danger without fighting the other person, but sometimes you cannot escape or ask the police or others for help. In this case, you must protect yourself. Therefore, it is important to use self-defense techniques to protect the body from unpredictable internal and external danger situations, and it is also essential to enhance the ability to demonstrate various skills.

On the other hand, self-defense within the scope prescribed by the law refers to a defense counterattack to protect oneself against threats or physical attacks of the other



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party. If the counterattack is larger than the infringement and loses the balance, it becomes over-defense and could be Considered a crime. Therefore, the process of successful self-defense is recognizing signs of harm and judging the situation well, and taking actions and measures. Do not provoke the other party in the course of action, and do not use suppression, weapons or dangerous objects for the purpose of defense other than a first strike. Self-defense practitioners should be aware that counterattack to the extent of "not excessive" could be Considered under self-defense.



## References

### [A defensive action]

If self-defense is criminally defined, it becomes 'an act intended to defend against the current unjust infringement of one's own or others' legal interests and cannot be evaluated as an illegal act because of its substantiality'.

The requirement for the establishment of self-defense is, first, 'There will be current unjust infringement from others'.

'Infringement' refers to an illegal or unfair attack by another person. Although most of the illegal and unjust attacks are by humans, attacks using animals are also included. And the infringement must be the 'current infringement'. In other words, it refers to an imminent or urgent state. It is not defense, but retaliation for past infringement.

Second, it is an act to defend the legal interests of oneself or others. Here, 'legal interest' refers to all interests that must be protected under the law, and the contents of life, body, right honor, property, etc. are not questioned. Self-defense is possible not only for defending one's own legal interests, but also for the legal interests of others. 'Acts to defend' generally refers to 'actions of counterattack by defenders to exclude, block, or repel illegal and unreasonable attacks or infringements'. Counterattack must target the attacker and not against third parties who are not attackers. In addition, a defender who engages in defense action must have a will or awareness of defense. A counterattack without a defense intention is itself a crime.

The third requirement is that the defense action will have a 'reasonable reason'. This means that a defense act as a counterattack against infringement or attack by the other party is deemed necessary or justified by the social norm in view of all circumstances at the time of the act. However, if the infringement and counterattack are not remarkably balanced or if the balance is lost, it becomes over-defense. For 'excessive defense', once it becomes a crime, the sentence can be reduced or exempted in consideration of the circumstances leading to such defense (Article 21, Paragraph 2 of the Criminal Code).

[ Naver Knowledge Encyclopedia ]

Unfortunate shoplifter (Interesting legal trip 3-Criminal Code, 2014. 11. 14., Han Ki-chan)



## 2.

### Taekwondo self-defense definition

Taekwondo self-defense is a technique that protects and attacks the body from other people by applying techniques acquired and embodied through basic Taekwondo movements, breaking, Poomsae, and Gyeorugi training. In addition, it is a form of behavior that directly and indirectly expresses the principles of mental and physical training and battles by gathering the core of Taekwondo spirit and skills. It is a technique that safely and effectively defends one's body in an urgent and threatening situation based on practical skills for survival.

Taekwondo self-defense also refers to suppression technique that can be used in response to sudden attacks that may occur in everyday life by exerting Taekwondo techniques and using the best self-defense technique to repel lightly without causing serious injury. In addition to offense oriented attacks, depending on the situation, you can use your whole body to twist the opponent, and you can use all of the techniques that strangle or flip them over.

Taekwondo self-defense can be regarded as a competition(Gyeorugi) of martial value in a broad sense because there are no restrictions on the body part being used or rules. Among the Taekwondo training areas of basic movements: Poomsae, breaking, and Gyeorugi, Taekwondo self-defense and Gyeorugi belong to the Gyeorugi area, as shown in the figure below. The biggest difference between the basic movement and Poomsae area that you practice alone is that you practice directly with the another person.

#### Alone training area (autonomous)

- ◆ Place → Move
- ◆ Balance, range of motion, speed, power
- ◆ Formation through skill (pattern)



competition  
(gyeorugi)  
Sports value

Martial value  
**Taekwondo  
self-defense**

#### Training area together (relative)

- ◆ Fixed target → moving target (constant speed, shifting)
- ◆ Distance control, timing, reflexes
- ◆ Adjustment according to the situation (control)

### 3.

## Taekwondo self-defense characteristics

Taekwondo self-defense is composed of techniques that can be used practically, centering on simple and concise movements, so there is no need to take shape to subdue opponents, and there is no need to strive to show others. In other words, the relativity of using skills according to the opponent and effective practicality in the actual situation is the most fundamental. This is because the application of practical techniques to avoid an emergency situation is the primary purpose and best method of active self-defense. Since the practical value of martial arts reveals its direct value when used in practice, the application of practical techniques of Taekwondo self-defense was designed to enable dangerous movements such as neck twists and groin kicking(low blow).

### 1) Speed

You need to quickly determine what situations are at risk, and quickly decide which skills you can use to avoid, block, or counterattack. In general, it is necessary to become skilled in self-defense quickly and naturally in the actual field by presuming similar situations and experiencing them through longterm training. Of course, it is important to develop the quickness and strength of your muscles so that you can use your skills quickly and strongly, but it is also important in quick defense and demonstrating counterattack skills to be prepared to react immediately to the opponent's attack by preparing for a contest and mentally prepared in advance.

### 2) Accuracy

Accuracy is very important to counterattack when part of the body is held by the opponent, as you have to use a lethal technique that can defeat the opponent with just one attack. At this time, if the accuracy is poor, you can rather irritate the other person and cause greater anger. Therefore, in sports such as Gyeonggi, it is necessary to practice a method of reliably hitting the opponent's critical areas with practical techniques such as low: low kicks, calves and thigh kicks, neck arc fist



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hits, elbows and wrist joints twist, and eye pricks. These are prohibited in sports such as Gyeonggi. Taekwondo self-defense is a good example of the practicality of Taekwondo self-defense, such as holding the other person's shoulder and pushing the knee in 'Taeguk 7 Jang' and pulling up and pulling the other person's lower part (Nangsim) in 'Koryo'.

### **3) Efficiency**

Just because the other person's body is big or strong is not unconditionally disadvantageous. If the opponent lifts the kicked foot while kicking, the opponent's stability decreases and the center of gravity can be easily taken away if you pull the opponent with the buttocks lowered than the opponent. It is relatively easy to lift and bring down the opponent by the principle of the lever. In addition, when you want to bring down the opponent, you can use your strength as efficiently as possible by pushing or pulling with your hands at the same time, not just tripping them up. For example, instead of performing a large preliminary movement of tilting the arm behind the shoulders as when practicing the basic movement of the outer wrist inner block, if you use the force to bounce your back in the ready-to-match position, use the momentary rotation of the wrist to perform a short and fast inner block motion, it is more efficient in achieving the goal of blocking the attack of the same opponent.

### **4) Systematic**

In Taekwondo self-defense, the part of the body and the technique used are different depending on the distance from the opponent. These differences will also appear differently depending on the attack direction and attack type (pattern). Which defense is most effective for some attacks, among countless cases, exists. In other words, there is Systematicity. Therefore, according to the system of technique, training is repeated in order from easy to difficult, and simple to complex. For

example, the direction of exiting or releasing when held with the opponent's right hand is different from that of being held with the left hand. In addition, in response to a right fist attack, avoiding and selecting a favorable position for a counterattack, catching it during the next attack and breaking the balance, and finally locking the wrist holding by using the strength of the body rather than the strength of the hand. In the case of being threatened with a knife or pistol learning safer and faster defense methods rather than large movements are processes that must be experienced while systematically improving Taekwondo skills and functions.

## 4.

### The effect of Taekwondo self-defense

Taekwondo self-defense is a technique that effectively avoids dangers inflicted on oneself and blocks or physically suppresses the opponent's attacks in advance for the purpose of protecting the body. Therefore, it can be said that it is not a situation in which action is impossible, but rather is an active method of action taken just before a dangerous situation occurs. By setting various situations in which someone suddenly controls the movements of a part of the body during training, and repeatedly training the corresponding solution, we can instill a new consciousness for the immediate body reaction and teach or learn techniques that can be used in an emergency.

#### 1) Physical effect

Self defense is effective in improving physical abilities such as muscle strength, agility, quickness, coordination ability, and flexibility. By moving the whole body to perform movements, it contributes to the development of coordination and function of the whole body, thereby improving health through gradual improvement of physical ability.



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## 2) Mental effects

Taekwondo self-defense training helps improve mental health aspects such as determination, fairness, challenge consciousness, sense of accomplishment, stress relief, psychological stability, willpower, self-esteem, and a sense of justice. The training includes radical actions such as kicking, punching with fists, locking joints, and strangling, but it can promote psychological stability and mental strength by purifying and alleviating the fundamental tendencies within humans. These tendencies include ownership, destruction, desire and aggression etc. Through mental training with training rules, leadership ability of the leader, and self-discipline and patience they can be alienated.

## 3) Social effect

Taekwondo self-defense is a comprehensive program that combines observation, judgment, communication and physical self-defense. Therefore, in a relationship that respects, is polite to and cooperates with each other, it is possible to build sympathy and acquaintance with each other through training, thereby cultivating sociality such as mutual positive perception, humility, cultivation of morality, formation of correct values, and cultivation of a sense of cooperation. These values are very beneficial to growing adolescents, instill emotional confidence and encourage them to lead a desirable social life.

# 5.

## The similar concept with Taekwondo self-defense

The traditional notion of self-defense was the concept that an attack that inflicts harm to oneself is necessary to establish self-defense, but in this textbook, the latest concept is applied that even if the suppression and counterattack for defensive purposes are first recognized, it can still be the self-defense. In other words, Taekwondo self-defense is a practical battle that allows a preemptive strike to avoid danger if a threat situation is detected.

Similar concepts of Taekwondo self-defense include 'Solution of Poomsae', 'practical

Taekwondo', and 'combat Taekwondo'.

'Solution of Poomsae' is a self-defense technique produced by applying basic Taekwondo movements and 'Practical Taekwondo' is self-defense technique produced by applying basic Taekwondo movements and other martial arts before the establishment of standardized Taekwondo self-defense technique, and 'Combat Taekwondo' is a self-defense technique developed by applying Taekwondo technique for those who perform special duties such as soldiers wearing combat boots and police officers with shields.

Taekwondo self-defense is not only a defensive sense of self-defense like 'Solution of poomsae', but also like 'Practical Taekwondo' and 'Combat Taekwondo', it embraces all the concepts of self-defense in a positive sense that can overpower the opponent through a preemptive strike.

Through the application of more and more Taekwondo techniques we will expand the concept to include the process of overcoming and subduing other martial arts techniques.

## 6.

### The difference among Taekwondo self-defense, competition(gyeorugi), and Combat fighting

The difference between Taekwondo self-defense, competition(gyeorugi) and martial arts is as shown in the following table. As the biggest difference, competition(gyeorugi) and Combat fighting are games with 'rules', whereas Taekwondo self-defense is 'training' to expand similar experiences in actual combat, as Martial arts'.

division	Taekwondo self-defense	Competition Gyeorugi	Combat fighting
<b>Purpose</b>	Development of situations in which the opponent is temporarily incapable of attacking and you can escape or subdue	Compete for the game due to the difference in the score of the allowed attack area in limited time	Fainting and death of the opponent, depletion of stamina and development of the incapacitated state

<b>Way</b>	Use the opponent's loophole to catch and knock it down, strike a vital spot, or punch (jireugi)it	The use of parts other than the fist and foot is prohibited, the punch(jireugi) on the face and the attack below the waist are prohibited, and the torso is protected with a protector.	Can be struck, grabbed, and thrown with all attackable areas of use. Matches comply with the rules and vital spots shouldn't be hit
<b>Character</b>	Very defensive and has few skills to preemptively attack or subdue	Development of situations in which the opponent is temporarily incapable of attacking and escape or submission is possible	Very aggressive and consists mainly of attack rather than passive defense or evasion
<b>Opponent</b>	Varies: From one person to many, from a person with a high weight class and experience of violence or crime to an unspecified career	Very aggressive and consists mainly of attack rather than passive defense or evasion	one person of similar weight
<b>Practical use</b>	Many	A Little	Some
<b>Range</b>	The distance to the opponent is very diverse (complex with far case and very short case)	Use the specified space and the distance to the opponent	Use the specified space and the distance to the opponent
<b>Starting situation</b>	The threat with no idea when and where it starts suddenly	At the same time as the match notification Starting from the front	At the same time as the match notification Starting from the front



## 7.

# Cautions when practicing Taekwondo self-defense

Since Self defense is training with the another person, mutual courtesy and consideration for the safety of the other person are always important.

### 1) Mutual courtesy

The courtesy of a martial artist is to treat one's mind right first and then treat others right. It is an important factor that Taekwondo practitioners must keep in mind to always respect the other person.

Even if the trainee has an advantage over the other person, he or she should consider the other's needs and feelings, and maintain a polite attitude through patience and self-control.

The trainee should always try to keep himself or herself in good shape. For the safety of the training partner, nails should be cut short and the body should be kept clean and tidy, in order not to injure the other person's skin when in contact with the other person and not to create discomfort due to unclean smell.

### 2) Mental concentration

With the confidence that you will be able to learn anything if you work hard, you learn skills by engaging in training. You should continue training until you can use your skills properly, and avoid distracting other practitioners by making a fuss or distracting your surroundings. Since it consists of a technique that makes contact with the other person, unnecessary actions such as movements or jokes other than instructions can lead to negligent accidents, so focus on training.

### 3) Acquisition of skills

It should be trained under the guidance of a self-defense expert. Locking joints and subduing vital spots are very dangerous skills, so you can learn safe and

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correct skills only when you learn and practice them accurately under the guidance of a professional leader. The trainees do not show off their learned skills or use them to harass others, nor are they proud. If there is someone who is less skillful than you, give them more opportunities for training or provide guidance on difficult areas so that they can demonstrate their skills well. Do not make unnecessary physical contact, and if any injuries or conditions that do not make it safe to practice, notify the leader immediately and take necessary action.

#### **4) Relative intention synchronization**

During training, there are many interactions through contact, such as deflecting, pulling and using the attacking opponent's power. In training situations other than actual combat, each trainee recognizes and performs the direction and sequence of movements in advance, but ignoring these processes and using unpromised techniques or interfering with the other's techniques can lead to injury. Therefore, during training, it is necessary to prevent unnecessary friction by using the promised technique and adjusting to the intention of the other person. In addition, during skill training too much strength can cause severe pain to the partner, so control your strength accordingly.

Taekwondo self-defense is not in the voluntary realm of practicing alone or with objects, but a competition(gyeorugi) with martial art value that belongs to the relative realm of training with the other person. Therefore, in the relative application of Taekwondo techniques, the essentials to know were explained based on the principles of physical education.





## **II Taekwondo self-defense technique**

1. Taekwondo self-defense technique  
principle
2. Taekwondo self-defense strategy
3. Taekwondo self-defense technique system
4. Taekwondo self-defense curriculum



## Taekwondo self-defense technique

1.

### Taekwondo self-defense Technical principle

Taekwondo self-defense is not in the arbitrary realm of practicing alone in the air or with objects but is a competition with martial values belonging to the relative realm of training with the other person. Therefore in the relative application of Taekwondo techniques, the essentials to know were explained based on the principles of physical education.

#### 1) Anatomical principle

Unlike other animals, the human skeleton can move freely to some extent. Still, its range of motion is limited to a certain direction and angle and the elbow and knee joints are folded in only one direction. Therefore, if you twist or press the muscles and skeleton beyond the range of motion, you can easily defeat the opponent. In addition, when the neck is bent or tightly pressed with the arm, it can block the flow of arteries or airways, suffocate the other person, and cause the person to fall into a suspended animation state to suppress the opponent's counterattack. According to one study, the average time until syncope was about 17 seconds.

In addition, the human body does not suffer fatal injuries when hitting hard parts with relatively strong resistance, but vital spots that are fragile are easily injured. The defenders must protect the vital spots as much as possible, but the counterattackers can easily defeat the opponent with a small force when counterattacking if where vital spots are is well

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understood An empirical study on vital places is another task that the Taekwondo community must solve.

The joints, muscles, tendons, and ligaments of the human body have the characteristics of becoming solid when rotating or moving in a specific direction. For example, the wrist joint becomes stronger when the fingers are opened compared to when the fingers are held together while clenching a fist and when punch, the forearm and elbow joints are more stable than when they are rotated inward and can withstand a greater impact. On the contrary, when turning the elbow, pointing the back of the fist to the sky makes the shoulder joint move more easily than making the back of the fist look forward, so you can turn it at a faster speed.

## **2) Mechanical principle**

When you want to distract your opponent by pulling it, the easiest way is not to pull it with your hand but to sit down suddenly with your arms bent. At this time, you can use all of your weight by gravity to pull the opponent, so you can easily break the opponent's balance if you have a grip strength that can maintain the grip.

When tripping over the opponent, pulling the legs by hooking legs and pushing the two hands holding the upper body uses the principle of a force couple to exert a large rotational force on the opponent to break the balance. Similarly, the movement of hands holding the opponent's shoulders with one hand pushing and the other pulling while tripping over can also cause the opponent to rotate strongly and lose balance.

It is stronger to perform the same technique with one foot stepping forward than to swing the arm in place to do the inner(an-makki) or the outer block(baggatmakki) because the body's center of gravity moves together, and the amount of exercise of



the body is added to the amount of movement of the arm. Therefore, in Taekwondo self-defense, if you approach the other person using stepping techniques(naeditgi and moditgi) you can give a stronger shock. Conversely, if you avoid or block it using stepping back, you can take a long time to be beaten and relieve the shock.

On the other hand, the lower the center of gravity, the wider the area of the base by widening the foot, and the closer the centerline is to the center of the base, the higher the stability of the body. If you are against an opponent who has secured stability, you have to put more effort into destroying the stability than when you are against an unstable opponent.

In particular, because the legs are heavier than the arms, can be held relatively easily and they are slower than the arms, the opponent's raising the foot to kick greatly impairs stability, which can give you a chance to subdue it.

Maintaining the stability of one's body, but making the other person lose the center of the weight is the basic in self-defense.

It is common to inflict pain on the opponent by overextending the range of motion of the joint when bending. At this time, it is effective to create a rotating shaft near the joint to be bent and use the principle of a lever that gives force from the rotation axis as far as possible to suppress the opponent with a small force. This lever principle is also the reason why the human body stuns when the jaw is struck. The head of the human body is hard, so if the jaw is hit, the cervical bone acts as a rotation axis and transmits shock to the opposite point. The cerebellum, which is responsible for controlling movement and balance, is vibrated and it temporarily makes the opponent fainted.

On the other hand, the compressive force, which is a pressing force, and the tensile force, which is an extending force, act simultaneously on the muscles, tendons, and ligaments of the joint that bends when bending. When a compressive force is generated on the side where a force is applied or a hit is applied, a tensile force is generated on the other side and the area receiving the tensile force is extended. If the deformation limit is exceeded, hard objects such as bones, pine boards, and marble are broken, and fibers like muscles, ligaments, etc. stretch beyond its range of motion, causing pain and eventually bursting. When a bone is broken, it is called a fracture, and when the joint structure is damaged, it is called a dislocation.

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The force that reaches the limit of deformation is a force applied with different characteristics (thickness and strength of bones, strength of muscles, strength of tendons and ligaments, etc.) Also, it is difficult to clearly define it because it varies depending on whether or not the principle of the lever is well used.

### **3) Principles of motor learning**

In order to inner-block(an-makki) the opponent's punch(jireugi)attack(jirugi), you need to match the punch(jireugi)time of the opponent with the time of turning your waist and closing your shoulders while turning your arms and inner blocking with the outer wrist. At this time, the speed of the opponent can be regarded as external timing, and the speed of self-blocking can be viewed as internal timing.

If you block it correctly, it can be said that you match the timing. The entire training process of Taekwondo self-defense is not done alone but requires a lot of effort to match the timing with the opponent such as blocking, avoiding, catching, and breaking, so it requires a lot of practice to become familiar with basic movements, Poomsae, and breaking. The basic step of motor learning is to go through the stages of 'stimulation-perception-cognition-action', repeatedly performing various tasks, gradually reducing errors, increasing the speed, and going to the stage of automation later. Depending on the speed, location, and type of the opponent's attack, a large number of tasks are complex, but if you practice through repetitive training, even when you are in a very difficult situation, you can use the appropriate self-defense technique through reflexive physical actions in the automated stage.

## 2.

## Taekwondo self-defense strategy

Various strategies that can be used in performing Taekwondo self-defense are described as counterattacking an opponent who is intimidating without injuring oneself, using the opponent's power against him to subdue, knocking him down and evading him or securing time for a second counterattack, etc.

### 1) Using rotational motion

Taekwondo self-defense requires strategic use of rotational movement. Many parts from bending the opponent's arm to throwing the opponent's body correspond to rotational motion, and the greater the distance from the point where the force is applied to the axis of rotation (rotation radius) or the greater the applied force, the greater the effect of the rotational force.

When you hold the opponent, you can make the opponent rotate with your body as an axis. If the opponent is rushing toward you rather than the opponent standing still, the effect of the rotational force is greater because the force acting is greater. It is more effective in suppressing by reverse use.

When an attacker strikes with a fist, it is a linear motion to deflect and strike, but pulling the arm back and rotating his body around an axis to knock the opponent down or break his arm are representative examples of rotational motion. You can effectively subdue opponents without using your own strength very much.

### 2) Use of body power

In Taekwondo self-defense, you must be able to use your body's strength to the fullest. When changing postures or moving the center of gravity such as stepping or turning(naeditgi and doladitgi), you can effectively utilize the power of your body by placing your arms and legs close to your body. For example, if the direction of the fist is located on the outer line of the body during a punch(jireugi)attack(jireugi), the impact cannot be transmitted better than pointing the fist to the center (in line with the centerline of the body). This is because, when attacking in a straight line (jireugi



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and apchagi etc), you must match your fist or foot with the centerline to make the most of your body's strength. In the same way, you can use your body's power efficiently if you perform the technique after stepping forward and back.

On the other hand, when coming out when a part of the body, such as the wrist, is held by the other person, it is necessary to use the body's power more efficiently than speed or timing. By attaching the arm toward the body or by moving the body toward the arm when the opponent's strength is high, the coming out technique can be more effective than doing with only the force of the arm.

### **3) Conformity and reverse use of the opponent's strength**

Conformity means responding gently to changes in circumstances or the surrounding environment. The attacker's psychological state is generally elevated, so the strength is inevitably greater. It is important to respond and control the other's excitement by calming rather than excitement and to cope with or control in conformity and harmony so as not to elevate the other's emotions in such a way as to respond and control the other's excitement with calmness rather than excitement. While conforming to opponent's strengths they adopt a strategy that reverses the power of the attacker or fights back by aiming at loopholes or gaps. If you strike a vital spot while deviating with the attacker attacking, the effect increases due to the opponent's speed and it is much easier to reverse the power of the opponent than the opponent who is in place when using a joint break or tripping over technique. In addition, this counter attack has the effect of destroying the center of the opponent's body and breaking the opponent's will to attack, so it should be used strategically.

### **4) Shortest range motion**

The shortest-range attack is one of the important factors in performing Taekwondo self-defense. If the distance is far, it takes a long time to reach the opponent so the attack success rate decreases and it is easy to miss the opportunity

to defeat the opponent. The shorter the distance, the faster the timing and the faster the reaction, the higher the attack success rate and the higher the probability of defeating the opponent.

By making a fist attack right from the ready-to-Gyeorugi posture, you can attack faster than starting from the waist of the existing basic motion and also avoid slow blocking through the existing preliminary action by immediately blocking the opponent's attack in the pre-Gyeorugi-ready position. By omitting the preliminary movements of each technique, it is effective to prevent the opponent from predicting what movement you will perform and to expose the loopholes caused by the large movements to the other party, thereby preventing them from giving room for a counterattack. However, when attacking or defending with only hands, it does not produce strong power, so you must practice increasing the power by twisting the waist (pelvis). In addition, unnecessary body movements, such as preliminary movements, must be reduced.

When practicing basic movements, the range of motion is largely preliminarily performed for the purpose of generating strong power, and the arms and legs are rotated away from the body rotation axis to generate a large rotational force.

However, in actual battles such as self-defense, the rotation of the arms and legs is attached to the axis of the body as much as possible and concisely so that more effective attack and defense can be performed.

## **5) Always keep your defense in mind**

In Taekwondo self-defense, always keep in mind defense. If the attack fails, the attack can be inflicted by the opponent, so whenever you attack, always keep the defense in mind. When you attack, your opponent can also attack at the same time, or your opponent can attack immediately after your attack is over, so keep your defense in mind while attacking.

If one hand attacks when attacking, strategies such as raising the opposite hand to the height of the chin for defense or defending the face with a kick-off hand and reaching the opposite hand toward the other side to prevent the opponent's attack. In addition, even after the attack is over, you should always be able to prepare for the next situation, and you need to quickly move on to the next move by momentarily

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judging whether you want to continue the attack, defend, or confront your opponent.

## **6) Use of deception**

Deception is also an important strategy in Taekwondo self-defense. It must be used strategically because you can subdue the opponent by inducing an opponent with a trick action and attacking. If you are too honest when attacking, your opponent will read your timing or pattern. Therefore, performing a technique or action that deviates from the opponent's prediction can increase the probability of success in Taekwondo self-defense.

Deception can be done as an attack or defense action, or it can be done with a step or gaze. You can also use a method of repeating certain types of movements and then suddenly making a completely different anomalous attack or reversing the gaze, breathing, and energy that the opponent might feel. This strategy is sufficient to make the opponent feel overwhelmed with subsequent attacks by making the next movement completely unpredictable. For example, if you continue to attack the bottom and then suddenly try to attack the top, the opponent will not predict and become confused.

## **7) Keep calm**

When you are faced with a situation where you need to use Taekwondo self-defense, you should be calm without embarrassment or tension. It is very important to remain calm and cool in situations where the attacker does harm or becomes violent. Based on the mental element of maintaining a calm mind and the natural movements of the body, the flexibility to respond to various situations is a desirable broad application of self-defense to protect yourself and the surroundings within the scope of self-defense rather than over-defense. Also, don't use bluff or anger, but be bold, agile, and brave.

## **8) Considering environmental factors**

The natural environment of the terrain must be used to the maximum, and an artificial environment must be created to cope with it on an ad-hoc basis. In practical application of self-defense, it can be effective in overcoming dangerous situations

by using nearby objects or possessing simple tools in any situation. Short sticks, ballpoint pens, keys, newspapers, books, handbags, towels, waistbands, tops, and ties can be used to overwhelm your opponents or escape crises. Usually, training assumes the case of 'One vs One', but develops coping ability by assuming the situation of 'One vs many'.

### **3.**

## **Taekwondo self-defense technique system**

Taekwondo self-defense is a method of effectively avoiding or preventing, counterattacking, or subduing dangers inflicted on oneself by using Taekwondo techniques. Taekwondo techniques used in Taekwondo self-defense are the same as those used in Poomsae, Breaking(Gyukpa), and Competition(Gyeongugi) on the basis of basic movements, but several types of representative techniques are mainly used for speed, accuracy, efficiency, and Systematicity in practice.

### **1) The need for Taekwondo self-defense skills**

In taekwondo self-defense, it is necessary to acquire skills to cope with quick and straight forward coping rather than advanced skills. Avoid splendid kicks(chagi) and defend with simple and modest blocking techniques(makgi ), counterattack with striking(chigi) or punch(jireugi), overpowering opponents with breaks(kkeokgi) or knocking down(numgigi) and use batangson, wrist, agumson or sonnal(hand blade), etc rather than fists that leave trauma when suppressing.

In emergencies such as contingency situations, rather than flashy and complex skills, short and simple skills are usefully utilized, so a lot of training is required. In particular, in terms of self-defense that must be done accurately and quickly in an emergency, it is not desirable to perform only the kick training and the blocking technique using defensive hand techniques has a great martial value as a self-defense technique. It can also maximize its function as an immediate defense to escape the urgency of the situation.



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Taekwondo Poomsae training has a problem in that it is a practice system that only trains alone. While the purpose of the Poomsae movement oriented from practicality, a formal training form that does not accompany practicality is not helpful for practical Poomsae training. Although Poomsae should not be fixed or formalized as a technique only for Poomsae, the current training system has not escaped its limits. Therefore, in order for Poomsae to have practical application power, it is thought that the attacker's virtual attack is inflicted from an unexpected direction, and it is necessary to repeatedly practice single-connected movements using basic movements such as kicking and blocking, and it is necessary to develop a sense of training in the area and the practice of fighting intense situations, using the body with the opponent. To do this, it is necessary to practice opponent training by interpreting the important movements of the regulation Poomsae according to self-defense. In particular, Kukkiwon published this textbook in sympathy with the necessity of making a practical Poomsae capable of grafting a certified Poomsae or self-defense of a new paradigm through research on breaking, throwing, and suppressing in Taekwondo.

## **2) Characteristics of Taekwondo self-defense technique**

### **(1) Atypical posture**

If the stepping (movement technique) such as apseogi and apgubi in the Poomsae must move within the specified standard, the stepping in self-defense is a relative variable that can be arbitrarily varied at any time depending on the purpose, such as avoiding the opponent's attack and effectively suppressing it.

In the case of fist and strike in Poomsae, the fixed height and direction are important, but in self-defense, the importance of correct posture is relatively small because it is essential to accurately and quickly hit the desired goal. In particular, the core techniques of self-defense opponents such as striking, blocking, and breaking are the same as the striking and blocking movements in Poomsae, but it is an atypical technique that can be used which can change its shape instantaneously by the timing, appropriate strength, and power use strategy (making the effect of big force with a small force, or reverse use of power, etc.). Nevertheless, the reason why Taekwondo self-defense in this

textbook is grafted with Poomsae is to trained under the assumption of a similar environment to prepare for actual combat. When given a situation, it is not necessary to stick to what you memorize but to cope with the most efficient and familiar movements.

In other words, Taekwondo self-defense is atypical, just like Gyeonggi, in that it presents a method for training like Poomsae and you don't have to compete with only that technique.

### **(2) Technique change according to the relative distance**

Taekwondo self-defense technique demonstrates combat skills while maintaining a certain distance from the opponent. At this time, the available body parts and techniques vary according to a three-step distance to the opponent: 'distance that you can hit with feet', 'distance that you can hit with a fist', and 'distance where contact is made'. If you are away from the opponent by a distance you can hit with your feet, you can use your legs and feet to kick, and if you are far away from the opponent using movement techniques such as stepping and jumping, you can attack while narrowing the gap. (Corresponds to the competition(Gyeonggi)). In 'Distances That you can hit with a fist', you can perform punching, striking, and blocking using your arms, hands, and fists, and you can exercise your fighting skills while maintaining a certain distance from the opponent.

The distance where the contact is made refers to a situation closer than the length of the arm as if being hold or hugged by the other person. In this case, it is possible to strike with the elbow and knee, but you can use technique to get out of difficult situations by using efficient technique which are to grab, come out, break, knock down, and push with the hand and the whole body. In particular, in addition to the basic techniques of Taekwondo, techniques such as pulling and locking can also be applied to prepare for any emergency attack including a lying posture, martial arts, and other martial arts.

### **(3) Unrestricted usage of body parts, hitting points and techniques used**

The number of skills that were limited by the rules in the competition (gyeonggi) can be infinitely expanded in Taekwondo self-defense, and in

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particular, there is difference in that several prohibited attacks such as catching attacks against the lower part, attacks using the forehead, elbow, and knees prohibited by the competition(gyeorugi) rules can be used at any time for self-defense. Among the Taekwondo self-defense techniques in this textbook, techniques that are not in the 「Taekwondo Technical Glossary (Kukkiwon, 2010)」 include pulling and locking, which are natural human body movements that can be used by applying 'grabbing' and 'breaking', They are included with other martial arts as they are some of the skills that must be known in order to respond in practice.

### **3) Taekwondo self-defense technique system and major technique**

#### **(1) Taekwondo self-defense technique system**

The table presented in the next chapter <The classification of Taekwondo skill level according to exercise function criteria> is a study result of Kukkiwon (2015) that classifies the skills of Taekwondo by difficulty level. The Taekwondo self-defense technique system was produced using the same order of difficulty of the Taekwondo technique system. 'Difficulty level 1' is a standing posture or ready posture in place, and 'Difficulty level 2' is a technique that allows you to move your body and is called a movement technique by combining the two techniques in place and in move. It is used together in connection with the following preemptive skills and relative skills 'Difficulty level 3' and 'Difficulty level 4' are techniques that have a target to attack, and are called preemptive techniques because they can be used first with an attack technique or alone with an intention. 'Difficulty Level 5' and 'Difficulty Level 6' are known as relative skills because they cannot be done alone and can set targets according to the opponent's condition or movement. Likewise, 'Difficulty Level 6' can change the movement.

Taekwondo self-defense is based on opponent training that exchanges battles with the other party.

Therefore, reacting techniques are mainly used, and these opponent techniques can be increased with the help of movement and preemptive technologies rather than being used alone.

For example, in order to block and counterattack while avoiding the opponent's attack, it is necessary to cross diagonally (move skill) and use the outer block (reacting skill) to clear and punch(jireugi)(preemptive skill) at the same time. Taekwondo self-defense is a concept of martial arts competition(gyeorugi) that can overpower opponents through preemptive strikes when a dangerous situation is recognized. Therefore, using the preemptive technique of difficulty 3 and 4 can implement the first strike in a dangerous situation.





<The classification of Taekwondo skill level according to exercise function criteria>

division difficulty	Classification of techniques	
	type of technique	Detailed technique
Difficulty level 1	Skills that perform in place and have no target of attack or defense (Can be used with all skill levels)	
	Stand(seogi)	moaseogi, gyeotdaliseogi, nalanhiseogi, juchumseogi, hagdaliseogi
	Ready posture	gyeobsonjunbi, dujumeogheolijunbi, bojumeogjunbi, gibonjunbi, tongmilgijunbi, gyeolugi junbi
	Special Posture	doljjeogwi
Difficulty level 2	A skill that moves the body and does not have a separate target of attack or defense (Difficulty increases when used with skills of 3, 4, 5, 6)	
	Stand (seogi)	apseogi, apgub-i, beomseogi, dwisgub-i, kkoaseogi, moseogi, yeopseogi, najchugi
	Stepping (ditgi)	jejaliditgi, naeditgi, mulleoditgi, yeopditgi, moditgi, dol-aditgi
	jump (ttwigi)	meollittwigi, ttwieoneomgi, ttwieodolgi, nop-ittwigi
Difficulty level 3	Skills targeted to attack	
	Punch (jireugi)	sewojireugi, jeojhyeojireugi, jireugi, yeopjireugi, chijireugi, naelyeojireugi, dollyeojireugi, dwijireugi, djajireugi, chesdalijireugi
	Thrusting (jjireugi)	sewojjireugi, eop-eojjireugi, jeojhyeojjireugi
	Ax kick (jjiggi)	jjiggi
	Strike (chigi)	apchigi, ollyeochigi, (palgub) dwichigi, (sonnaldeung) anchigi, bakkatchigi, (deungjumeog) apchigi, naelyeochigi, anchigi, bakkatchigi, yeopchigi, biteuleochigi, (palgub) dollyeochigi
	Kick (chagi)	apchagi, dollyeochagi, dwichagi, Jitjjiki, mileochagi, biteuleochagi, yeopchagi, naelyeocha gi, hulyeochagi, bakkatchagi, anchagi, nakk-achagi

Difficulty level 4	Skills with targets to attack (may change the movements) ex) Keumgangjireugi	
	Pnch (jireugi)	dang-gyeojireugi, pyojeokjireugi, Keumgangjireugi
	Strike (chigi)	geodeuleochigi, jebipumchigi, dang-gyeochigi, pyojeokchigi
	Kick (chagi)	geodeubchagi, ieochagi, pyojeokchagi, gulleochagi
Difficulty level 5	Skills in which targets are set according to the opponent's condition or movement	
	Push (milgi)	mileonaegi, milchyeonaegi, bawimilgi, taesanmilgi, nalgaepyeogi
	Locking (makgi)	chyeomakgi, chamakgi, bakkatmakgi, anmakgi, hechyeomakgi, naelyeomakgi, ollyeomakgi, nulleomag gi, yeopmakgi, biteuleomakgi, geoleomakgi, gawimakgi, Keumgangmakgi, santeulmakgi, oesanteulmakgi, hwangsomakgi
	Pull out (ppaegi)	nulleoppaegi, teuleoppaegi, hwidulleoppaegi
	Kick (chagi)	nalaechagi, dolgaechagi, gawichagi, dubaldangseongchagi, ttwieochagi
	Dodge (pihagi)	sug-yeopihagi, jeojhyeopihagi, biteuleopihagi, teuleopihagi
Difficulty level 6	A technique in which a goal is determined according to the opponent's condition or movement (may change the movement)	
	Block(makgi)	geodeuleomakgi, bad-amakgi, geod-eomakgi
	Kick(chagi)	jabgochagi, bad-achagi, balbut-yeochagi, dabanghyangchagi, modumchagi, gongjungjebichagi
	Holds (jabgi )	jabgi
	Joint Lock (kkeokkgi)	Nulleokkeokgi, biteuleokkeokkgi
	Trip over (neomgigi)	geoleoneomgigi, Deoreoneomgigi

**(2) Taekwondo self-defense main technique**

The main skills of Taekwondo self-defense are composed of preemptive skills such as punching, striking, and kicking, and relative skills such as blocking, pulling out, breaking, tripping over and locking. In addition, a fall method (guleugi) is included as a way to protect against a fall. How to use each major technique is as follows.

**Jireugi (punch)**



The fist punching technique. It is a technique of hitting a target with a fist to give a big impact to a person or object. Using the front part of the first joint of the forefinger and middle finger, strike critical spots such as philtrum (solar plexus) and (abdomen) punch(jireugi)can change the shape of the fist, depending on the target of the attack. They usually use the Proper fist or Jungkwon, but when hitting the temples or ribs, they use Knuckle fist or bamjumeok or claws chestnut fists. In addition, when hitting the neck, you can use a jibgejumeog or pyeonjumeog.



Oenjumeog jireugi



Oreunjumeog jireugi



Dollyeojireugi



Chijireugi

**Chigi (hit)**



A technique to hit a target using the rotational force. It is a technique of hitting a target by using a hard body part of the body with the elbow or knee bent and then stretched or bent. Use all parts of your body except your fists, fingertips, and feet. It is a technique that can be used in a variety of ways because it can hit with a linear motion such as punching or stabbing, or with a rotational motion like kicking,



depending on the area of use. In other words, it is possible to hit the opponent from above or below and from inside or outside, and by using a solid body part with the rotational force of the body. It can have a great impact on the opponent.



### Chagi (kick)



The kicking a target with your feet. It is a technique of kicking a target with your feet while stretching or turning your legs to subdue the other person. It mainly uses the power to bend and extend the knee or to swing the leg. In some cases, you can kick while turning or jumping. It encompasses all of the attack techniques performed with the feet in Taekwondo, and the use of power and techniques vary depending on the direction or method of movement of the legs. When kicking the other's small or narrow body part, such as the philtrum or Solar plexus, the ball

of foot or heel is mainly used. On the other hand, when kicking the other's large or wide body parts, such as the face or torso, the foot or sole is mainly used.



Apchagi

Dollyeochagi

Yeopchagi

### Makgi (Block)



Block that an opponent's attack with arms or legs. It is a technique that protects major body parts by blocking the opponent's attack with hands, arms, feet, or legs. Depending on the use of power in each situation, it is divided into geod-eomakgi, geoleomakgi, bad-amakgi, chyeomakgi. It can be used as 'chyeomakgi' that strikes the opponent's attack vertically, 'bad-amakgi' that absorbs the shock in the same direction as the attack's progress, 'geoleomakgi' that blocks the technique before the attacks is complete, and 'geod-eomakgi' that changes the direction of the attack.



Oenbatangson anmakgi

Oreunbatangson anmakgi

Oensonnal bakkatmakgi



Oreunsonnal bakkatmakgi

Oenbatangson naelyeomakgi

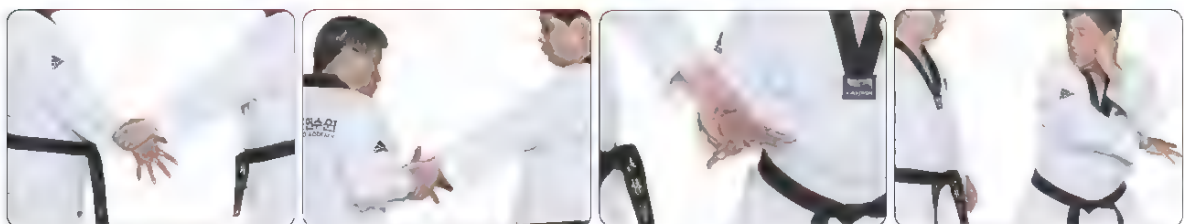
Oreunbatangson naelyeomakgi

### Ppaegi (pull out)

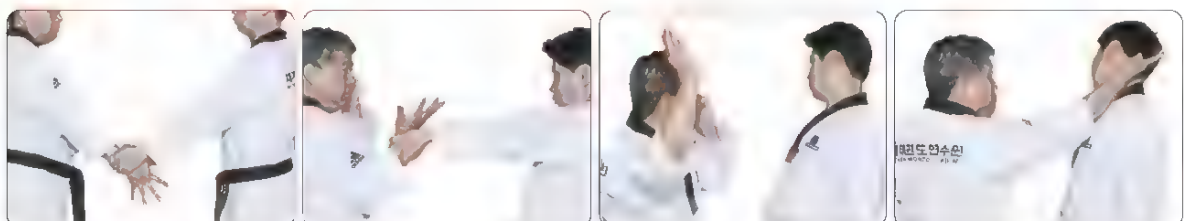


A technique that is pulling out the body when the opponent grabs it. It is a technique to pull it out by pressing or twisting the other's joint when the other person holds the wrist or ankle. It is used to escape from threatening situations when being held in close proximity to the other party. It is a technique to pull out the body when held by a person who is stronger than you. Therefore, you must perform the technique at a time when it is difficult for the other party to predict. You can also use this technique to use pull out and Joint lock in succession, or to gain distance to avoid opponents' attacks.

#### ① Pulling out by twisting the arm inward



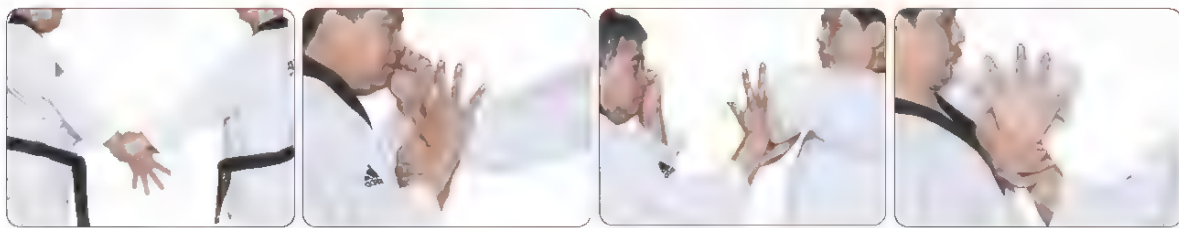
#### ② Pulling out by twisting the arm outward



### ③ Pulling out by twisting the arm upward



### ④ Pulling out by twisting the arm from inside out



#### Kkeokgi (jont Lock)



The joint lock. It is a Pressing technique or twisting the other person's wrists, elbows, shoulders, ankles, and knees with the hand. It is mainly using when the other person hold you out close range or when you are catching the other person. Breaking force is divided into two, depending on the direction of use. If you press the opponent's elbow or knee vertically, it is a 'press joint lock (Nulleokkeokgi)', and if you twist the other's wrist or ankle to the left or right , it is a 'twist joint lock (biteuleokkeokgi)'.

#### When the same side hand holding

##### ① Twist from the inside out to joint lock





## ② Twist and press from outside to inside to joint lock

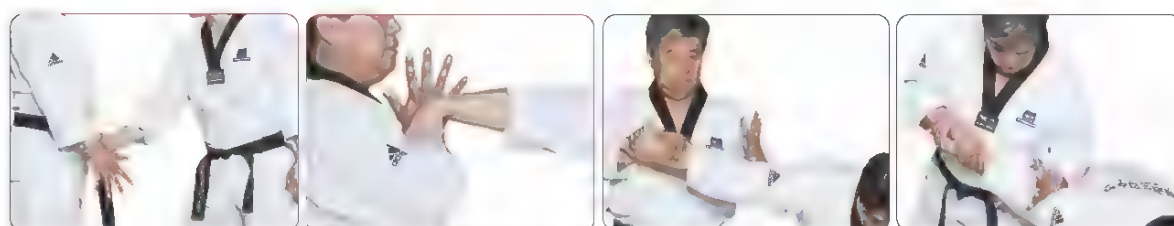


## ③ Twist from outside to inside to joint lock

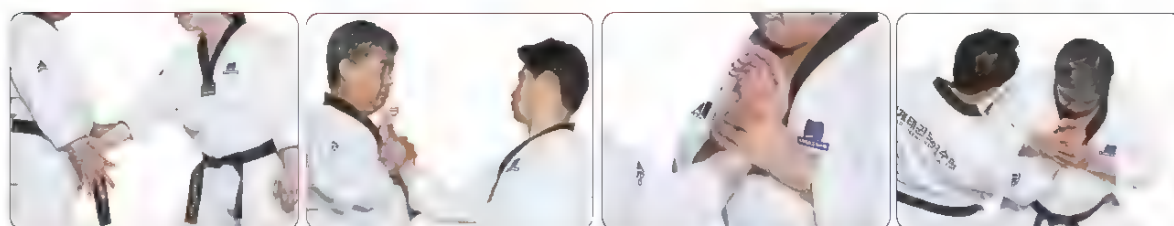


## When crossed hand holding

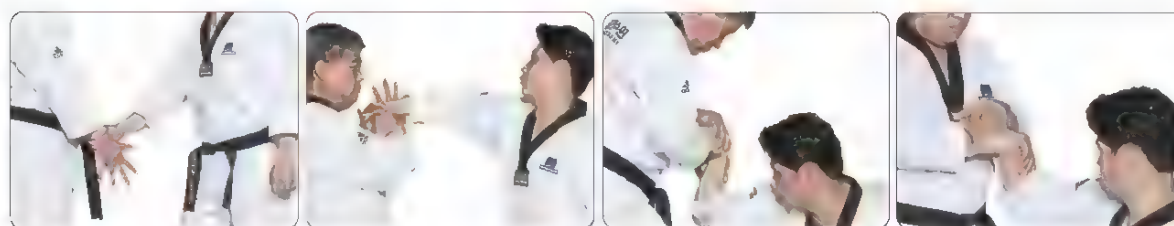
### ① Twist and press outward to joint lock



### ② Twist from outside to inside to joint lock



### ③ Twist and press outward to joint lock



### Neomgigi (trip over)



The lifting or tripping over an technique. It is a technique of hooking or lifting a leg to break the center of the other person. You can also pull or push the other person's collar to break the other person's center. Tripping over is divided into two, depending on the use of power. One is 'geoleoneomgigi', which breaks the center by hooking the other's leg, and the other is 'Deoreoneomgigi', which breaks the center by lifting the other's leg.



Dali geoleoneomgigi



Heoli jabgo dali geoleoneomgigi



Dali Deoreoneomgigi



Heoli geoleoneomgigi



Mog jabgo dali Deoreoneomgigi

### Joreugi (choke)



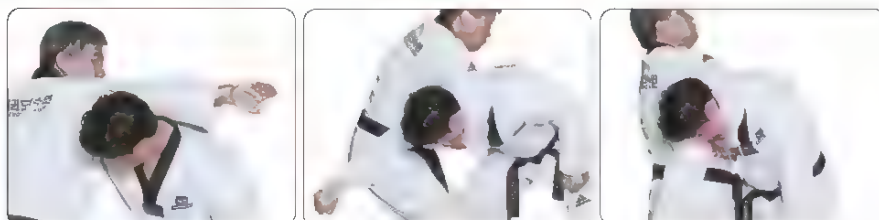
Compressing techniques for the neck with an arm. It is used to suppress the other person by compressing the carotid artery or respiratory tract and choking. There are two types: 'an-ajoreugi,' where you hug the other person's neck while holding it up, and

'yeopjoreugi', where you wrap your arms together from the side in Junbi for the opponent's hand counterattack. There is a "dwijoreugi" that hugs the opponent's back and locks him.

### ① An-ajoreugi



### ② Yeopjoreugi



### ③ Dwijoreugi



### Nakbub (fall)



The technique to reduce the impact when you fall. In the event of a sudden fall or being pushed, it is a way to keep the body safe without injuries by maintaining a good balance of the body and distributing the impact through the whole body when it hits the floor.

It has the advantage of being able to focus on offensive and defensive skills because it can avoid injuries to the body in the event of falling or bumping on the floor. There are 'forward falling(jeonbangnagbeob) when falling forward,

'lateral falling(cheugbangnagbeob)' when falling sideways, 'rear falling(hubangnagbeob)' when falling backward, and 'rotating falling(hoejeonnagbeob)' when rolling.

### ① Forward Fall



Junbi (hand is triangular)



Gaze left or right



Lift buttocks

### ② Side Fall



Junbi (open hands to the side)



Stretch the left leg



Right hand's abdominal grip,  
gaze bandthe belt

### ③ Backward Fall



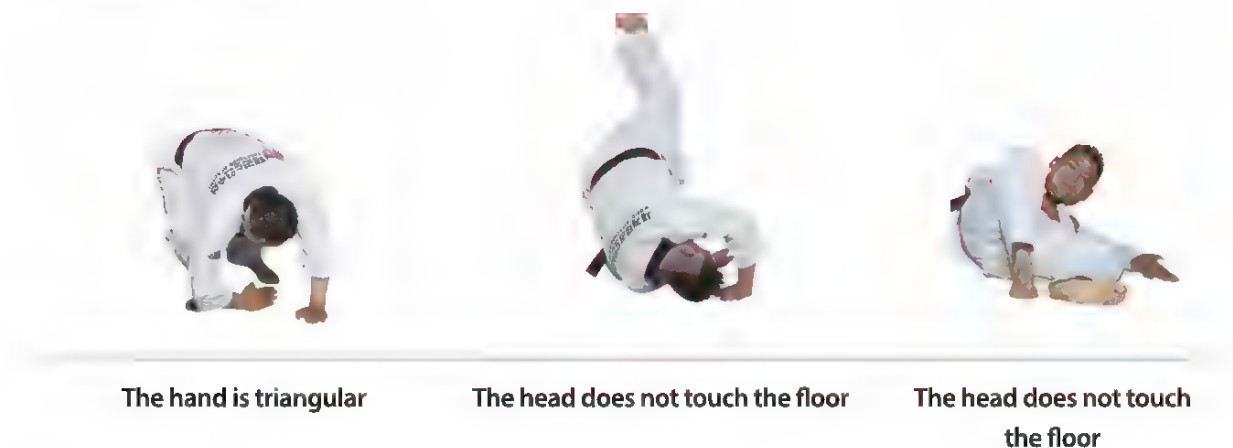
Gaze at a belt



Hand 45° below the left and  
right sides



#### ④ Rotating falling



## 4.

### Taekwondo self-defense training course

The Taekwondo self-defense curriculum was largely divided into three level training courses, a 1~4 dan(poom) training course (level 3), a 5~7 dan training course (level 2), and an 8~9 dan advanced training course (level 1). Poomsae self-defense and applied self-defense for each level are the basics, and it is configured to train those who are certified with level certificates with methods and situational self-defense I and II and to train those in high level with self-defense against other martial arts, self-defense against weapons, and suppressive self-defense (to be included in the future).

Poomsae self-defense is a self-defense technique produced based on the basic movements of Taekwondo Poomsae (Taegeuk 1 Jang ~ Ilyeo), which must be practiced according to the level (dan). As suggested in 'IV. Taekwondo self-defense training' it's a process to understand the purpose of use of the basic movements suggested by each Poomsae and learn how to use it directly in practice by practicing in accordance with the method of 'Basic Posture-Basic Movement-Matching competition(gyeorugi)-Actual competition(gyeorugi)', In the basic course(급), there are mainly striking techniques at a certain distance such as blocking, punching, striking, and kicking and in the advanced course, the response skills at a very short distance are the main techniques, adding

catching, breaking, throwing, and flipping. It is for strengthening Poomsae training by experiencing the direct use of the movements that appear in Poomsae, and the ability to fight naturally can be strengthened through the process of defending and counterattacking following the right front and left front steps in the ready position.

Applied self-defense is a self-defense technique composed of a practice martial arts character for expanding participants to the youth and adults and motivating them in addition to the Poomsae and Poomsae self-defense techniques practiced by each level.

By assuming a situation similar to the actual battle, the ability to adapt to the actual battle could be cultivated. Assuming the situation when body parts such as wrists and legs are held, it is possible to practice applying techniques such as pulling out, catching, breaking, and flipping to the actual situation. It is arranged in order of difficulty, like the poomsae self-defense. In applied self-defense for the basic level, the goal is to eliminate fear in direct contact with the other person by applying relative skills that can be performed relatively easily and to improve self-confidence and adaptability through repeated training of suppression.

The reinforcement program is a program that is grouped into separate categories for better self-defense and applied self-defense and is presented according to the level of each class.

### ◆ Self-defense training course

Process		Poomsae	Poomsae self-defense
Poomsae for Color Belts	Taegeuk 1 Jang	<ul style="list-style-type: none"> <li>• Downward block and punch</li> <li>• Inward block and punch</li> <li>• Upward block kick and punch</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Punch(Jireugi) attack</b> Block outward and jireugi, apchagi, dollyeochagi</li> </ul>
	Taegeuk 2 Jang	<ul style="list-style-type: none"> <li>• Connect the same technique</li> <li>• Connect the punch and Kick</li> <li>• Preemptive strike</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Punch(Jireugi) attack</b> Block inward and jireugi, apchagi, dollyeochagi</li> </ul>
	Taegeuk 3 Jang	<ul style="list-style-type: none"> <li>• Grab opponent's arm/foot or block</li> <li>• Momentary forward center shift</li> <li>• Connect kick and double punch</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Punch(Jireugi) attack</b> Block outward pulling the arm (wrist) and knee kick(muleupchigi)</li> </ul>



Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>When the wrist is hold</b> pull out while scattered blocking down-outward</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When hold by the collar</b> pull out while scattered blocking inward</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When the wrist is hold</b> pull out by twisting and elbow strike</li> </ul>			

Process		Poomsae	Poomsae self-defense
Poomsae for Color Belts	Taegeuk 4 Jang	<ul style="list-style-type: none"> <li>• Use an assisting hand and attack</li> <li>• Connect block and strike</li> <li>• Connect block and double strike</li> <li>• Avoid side kick attacks and counterattack</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Punch(Jireugi) attack</b> Block outward, thrust with fingertips and sidekick</li> </ul>
	Taegeuk 5 Jang	<ul style="list-style-type: none"> <li>• Connect pulling out the wrist and downward strike</li> <li>• Use of body rotational force</li> <li>• Connect Kick and strike</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Punch(Jireugi) attack</b> Block inward and outward and strike by turning both elbows</li> </ul>
	Taegeuk 6 Jang	<ul style="list-style-type: none"> <li>• Block, grab and attack</li> <li>• Step back and counterattack</li> </ul>	<ul style="list-style-type: none"> <li>• <b>A round kick(dollyeochagi) attack</b> Block outward or avoid, punch and turning kick</li> </ul>
	Taegeuk 7 Jang	<ul style="list-style-type: none"> <li>• Use both arms outward</li> <li>• Short range attack method</li> <li>• Distance adjustment method</li> <li>• Grab and Strike</li> <li>• Block and trip over</li> <li>• Various interpretation of technical meaning</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Front kick(apchagi) attack</b> Block and grab it with both hands, turning kick with knee raised</li> </ul>
	Taegeuk 8 Jang	<ul style="list-style-type: none"> <li>• Use both arms outward</li> <li>• Use both arms inward</li> <li>• Attack 1st/2nd target fast continuously</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Front kick(apchagi) attack</b> After two feet alternate kicks, knee kick withholding the opponent's head</li> <li>• <b>Punch(Jireugi) attack</b> Block outward and turning strike with the bow, strike with fist-back and punch</li> </ul>



Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>When the wrist is held</b> pull out by twisting and hand blade strike</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When the wrist is held</b> Grab it with the power of your arms, twist it, and joint lock it</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When the wrist is held</b> Hold the wrist with the other hand and twist it with the force of the step</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When hold in the sleeve or shoulder</b> Hold the wrist with the other hand and break the grip by pressing with the elbow with the force of turning back</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When hold by the collar</b> Press wrist and joint lock when arm is extended and twist and press wrist when bent.</li> </ul>			

Process		Poomsae	Poomsae self-defense
1~4 Poom . Dan	Koryo	<ul style="list-style-type: none"> <li>• Technique connection from inside out</li> <li>• Connect the blocking force with breaking or locking</li> <li>• How to use the body in opposite direction like outside in, inside out</li> <li>• Kick while pulling arms</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spin Kick Attack</b> After blocking downward and strike with 'agumson, front and side kicks After blocking and strike with sonnal(hand blade), trip over the opponent</li> </ul>
	Keumgang	<ul style="list-style-type: none"> <li>• Use greater power than agility</li> <li>• Use of rotation force on central axis</li> <li>• Understanding counteraction of upper and lower body</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Striking attack after</b> blocking inward and strike with an elbow while turning around, strike with batangson</li> <li>• <b>When hugging from behind</b> Grab and press to break after hitting with the elbow</li> </ul>
	Taebaek	<ul style="list-style-type: none"> <li>• Use of ground strength and body elasticity</li> <li>• How to escape when a part of the body is hold</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Side kick attack</b> Strike with sonna (hand blade)s and elbows while blocking outward continuously.</li> <li>• <b>When the wrist is held</b> Twist out, turn around, strike, and front kick</li> </ul>

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>When the shoulder is held behind</b> After step-turning back, fix one hand at the waist and strike the chin with the other hand</li> <li>• <b>When attacked with balbut-yeo dollyeochagi</b> Avoid attack and pull with both hands and pushing over</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>When trying to grab a shoulder</b> Grab the head, hit it with your knee and lock the neck</li> <li>• <b>When the wrist is held</b> Twist it out and hit with the elbow, grabbing the shoulders with both hands and breaking it</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Strike training method</b> Basic training method Basic training method (1~3 poom)</li> <li>• <b>Tool training method</b> Mitt training method (1~3 poom) Glove training method (4 poom)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Self-defense by a situation I</b> In the case of a punching attack, with right ap moditgi 5 actions of blocking, punching and striking  In the case of a punching attack, with left ap- moditgi 5 actions of blocking, punching and striking  In the case of kicking attack, 5 actions of blocking and kicking, striking, tripping over and breaking</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>When both shoulders are held behind</b> Step turning, punch grab and press to break</li> <li>• <b>Continuous Strike Attack</b> after blocking it continuously, strike, turn and lock</li> </ul>			

process		Poomsae	Poomsae self-defense
5~7 Dan	Pyongwon	<ul style="list-style-type: none"> <li>• Short distance attack method</li> <li>• Turning kick/strike (center axis rotation)</li> <li>• Evenly use power from inside out Block and trip over</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Front kick and rear kick</b> consecutive attacks after step back and side kick , strike the target</li> </ul>
	Sipjin	<ul style="list-style-type: none"> <li>• Power transmission process using ground reaction force</li> <li>• Pull and kick</li> <li>• Connect block with catch</li> <li>• Blocking(bad-amakgi)</li> <li>• How to suppress the opponent's body</li> </ul>	<ul style="list-style-type: none"> <li>• <b>punching attack</b> Block with 'bawimilgi' and hold and press to break with turning step</li> <li>• <b>When holding shoulders from the side</b> Hit it with 'bawimi gi' and get out, grab it with both hands, and sit down Lift and throw</li> </ul>
	Jitae	<ul style="list-style-type: none"> <li>• Connect the same technique</li> <li>• Pull out the two hold wrists</li> </ul>	<ul style="list-style-type: none"> <li>• <b>balbut-yeo dollyeochagi attack</b> Block one handed blade, hit the target with mejumeog and pull it and trip over  Block inward and strike the face with mejumeog, pulling and lifting over</li> </ul>



Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>Locking attacks from the side</b> Push and lift over</li> <li>• <b>When both shoulders are held</b> Hit the forehead, pull and trip over</li> </ul>			
<ul style="list-style-type: none"> <li>• <b>Balbut-yeo dollyeochagi attack</b> Raise the blocking hand, pull the hitting hand, and trip over</li> <li>• <b>When the head is held</b> After holding the hand and front kick, pull and press it to joint lock</li> </ul>		<ul style="list-style-type: none"> <li>• <b>Self-defense by situation II</b> Compete once in each situation 1 10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Self-defense against other martial arts</b> How to defend by tripping over How to defend by tripping over by grabbing the side How to defend in lying position</li> </ul>
<ul style="list-style-type: none"> <li>• <b>When the opponent holds the collar both hands</b> With the strength of your body, remove the opponent's hand and trip over with lifting the opponent's foot and kick with the knee</li> <li>• <b>When the other person chocks with both hands</b> With the strength of the body, remove the opponent's hand, strike the side with the elbow, grab the opponent's arm, and break it down with body weight.</li> </ul>			<ul style="list-style-type: none"> <li>• <b>Self-defense against weapons</b> How to defend the knife attack How to defend the lumber stick attack How to defend when aimed with a pistol</li> </ul>

Process		Poomsae	Poomsae self-defense
5~7 Dan	Chonkwon	<ul style="list-style-type: none"> <li>• Breaking the opponent's balance</li> <li>• Blocking and punching in short distances</li> <li>• Swipe to pull out/block</li> </ul>	<ul style="list-style-type: none"> <li>• When trying to grab a shoulder Block it and hold one arm lifting over</li> </ul>
			<ul style="list-style-type: none"> <li>• When holding the wrist with both hands Block downward with diagonal step and twist to pull out and strike with knee and elbows</li> </ul>

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>When holding the shoulder from behind</b> Come out with force to turn around and press down the opponent's arm with weight</li> <li>• <b>When the opponent grabs the shoulder from behind</b> Avoid with turning step and lock the arm and neck and trip over</li> </ul>		<ul style="list-style-type: none"> <li>• <b>Self-defense by situation II</b> Compete once in each situation 1-10</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Self-defense against other martial arts</b> How to defend by tripping over How to defend by tripping over by grabbing the side How to defend in lying position</li> <li>• <b>Self-defense against weapons</b> How to defend the knife attack How to defend the lumber stick attack How to defend when aimed with a pistol</li> </ul>

Process		Poomsae	Poomsae self-defense
8~9 Dan	Hansu	<ul style="list-style-type: none"> <li>• punching out of the wrist</li> <li>• Block and attack vital spots</li> <li>• From inside to outside, outside to inside</li> <li>• How to use your body</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Striking attack</b> <b>Block by pressing it down,</b> hit with your elbows and grab the head down to joint lock</li> </ul> <p>When trying to hold the shoulder with both hands Lock the neck with arms and liftover</p>
	Ilyeo	<ul style="list-style-type: none"> <li>• Connect side kick after thrusting</li> <li>• Catch the wrist and break it</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Striking attack</b> While blocking the outside, thrust with the tip of an open hand, front kick, jump and sidekick.</li> </ul> <p>Block, grab it, turning step, twist it, press it to break</p>



Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
<ul style="list-style-type: none"> <li>• <b>When the opponent holds both wrists</b> Open your palms, tilt your body, pull your wrists out, and twist wrists and elbows to break by using your weight.  Open the palm, hold the opponent's hand twisted, lift it up on the shoulder and pull it down and press with an elbow to break</li> </ul>			<ul style="list-style-type: none"> <li>• <b>Self-defense to suppress the critical spot</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>When the opponent pushes with the palm</b> Pull the opponent's wrist by using the rotational force with turning step, press the triceps, and trip over</li> <li>• <b>When the opponent the collar with the right hand</b> Pushing the back of the opponent's hand, trip over the opponent with the rotating force from turning, pulling the opponent's underarm</li> </ul>			

# Part 2

## Taekwondo self-defense TECHNIQUE



# III Taekwondo self-defense composition

1. Poomsae self – defense,  
practical self – defense
2. Self – defense by situation II
3. Self – defense against other martial arts



## Taekwondo self-defense composition

Taekwondo self-defense was composed of Taekwondo Poomsae self-defense, practical self-defense, self-defense by situation, self-defense against other martial arts, and self-defense against weapons. Taekwondo Poomsae self defense consists of 2 Poomsae self-defense techniques from each Poomsae which is for basic Poomsae from 'Taegeuk 1 Jang' to 'Taegeuk 8 Jang', and for advanced Poomsae from 'Koryo' to 'Ilyeo' and 2 applied self-defense techniques, Taekwondo self-defense was configured to be learned with Poomsae according to levels (dan), so that the difficulty of skills and functions could be naturally improved. In addition, it opens the possibility that it can be introduced as an evaluation event that can replace the Gyeonggi Gyeongugi in the future by incorporating the Gyeongugi ready posture and Gyeongugi steps during one vs one training with the other party, making it a more practical self-defense technique that can be used in real situations. Poomsae self-defense was made so that the purpose of the use of representative technologies corresponding to the characteristics of each Poomsae could be well understood. Practical self-defense is a training program that can be recommended and utilized by adolescents and adults(advanced) rather than youth (basic) by combining various techniques to cultivate practical adaptation ability rather than basic self defense. It is designed as Poomsae I to the right stepping and Poomsae II to the left stepping so that the next counterattack can be initiated while naturally avoiding the opponent's attack.

As a training program that can be practiced by those with

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more than 4th Dan, self-defense for each situation and self-defense against other martial arts were organized. Weapon-response self-defense is included as a training program for advanced players of 6th Dan or higher level, and self defense for suppressing vital spots will be added in the future. By presenting various taekwondo self defense techniques as above, it was possible to provide customized programs for each training age and target, diversifying, specializing, and substantive training programs that were insufficient as the training progressed, and it tried to approach a new area of Taekwondo through the effect of increasing the value of martial arts by making taekwondo self-defense with strong practical propensity regular curriculum.





## 1. Poomsae self-defense, practical self-defense

### 1) Pyongwon

Pyongwon in Pyongwon Poomsae means a large land that spreads out in all directions. As the mother body of living things, it represents the preservation of life and the base of life, and Poomsae was established based on peace and struggle according to the originality and usage. junbiseogi, moaseogi and oengyeobson are postures to collect and acquire the lower body energy, the source of the human body's power as if the ground is the beginning and the foundation of life. The Poomsae Line is made up of letter 'il'. New techniques include palgub ollyeochigi, eolgul geodeuleo yeopmakgi, dang-gyeo deungjumeog apchigi, meong-echigi and hechyeo santeulmakgi



Poomsae	Poomsae self Defense
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• Can avoid the opponent's subsequent attacks.</li> <li>• After dwichagi, you can use your body's rotational force to make the next counterattack.</li> <li>• After yeopchagi, you can use your body's rotational force to pull the opponent and break the balance.</li> </ul>
<b>Poomsae I</b>	<ul style="list-style-type: none"> <li>• <b>Opponent's apchagi and dwichagi attack</b> Two steps mulleoditgi – right foot dwichagi – right deungjumeog face apchigi – left deungjumeog face apchigi</li> </ul>
<b>Poomsae II</b>	<ul style="list-style-type: none"> <li>• <b>Opponent's apchagi dwichagi attack</b> Two steps mulleoditgi – left foot mulleoditgi – two feet gathered right foot yeopchagi – right front right foot moditgi – face elbow pyojeok(target)cnigi – left foot stepping catch opponent's neck with two hands – turning the left foot axis clockwise, pulling the opponent's head and turning it – left fist naelyeo face jireugi</li> </ul>
Poomsae	Practical use
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• The left hand pushes the chin and the right hand lifts the leg to rotate it in one direction, breaking the opponent's center.</li> <li>• Pull the opponent to one side with both hands and hook the foot in the opposite direction.</li> </ul>
<b>Practical use I</b>	<ul style="list-style-type: none"> <li>• <b>When the other person chocks from the side</b> Swing your left hand from behind to the front to grab the opponent's chin and push it with your right hand – Raise the hamstring with the right hand – backward georeoneomgigi – Sit on the opponent's upper body and elbow naelyeochigi</li> </ul>
<b>Practical use II</b>	<ul style="list-style-type: none"> <li>• <b>When the shoulders are held with both hands in front</b> Hold the other person's shoulders – head apchigi – Pull the right hand, push the left hand, and kick the inside ankle with the right foot – left fist naelyeojireugi</li> </ul>

## (1) Pyongwon Poomsae I

Counterattack

Attack

Attack



- (GIHAP)
- Right foot apchagi



- Left foot dwichagi

- Two steps mulleoditgi



- Right foot dwichagi



- Right deungjumeog face apchigi

- Left deungjumeog apchigi (GIHAP)



### Point

It uses the technique of Pyongwon Poomsae, and the motion used is dwichagi (applied to dwidol-a yeopchagi) and deungjumeog apchigi, which counterattacks continuously. After dwichagi, Oreundeungjumeog apchigi and oendeungjumeog apchi must be connected naturally.

## (2) Pyongwon Poomsae II

Counterattack

Attack

Jumbi

- Two steps mulleoditgi



- (GIHAP)
- Right foot apchagi

- Left foot mulleoditgi



- Left foot dwichagi

- Two feet gathered right foot yeopchagi



- Right front right foot moditgi
- Left elbow fece pyojeok(target)chigi





- Left foot stepping and catchi the neck with two hands



- Turn the left foot axis clockwise and pull the opponent's head to turn it



- Left fist face naelyeojireugi (GIHAP)



### Point

It uses the technique of Pyongwon Poomsae, and the motions used are composed of yeopchagi, palgub pyojeokchigi, jab-adang-gyeo dollyeoneomgigi and naelyeojireugi. Ditgi and yeopchagi should cultivate the ability to control the distance for short and long kicks, and should be tightened and pulled to rotate so that there is no elbow space between the two hands holding the neck when the elbow target and the neck are turned over.

## Pyongwon

### Practical use I

When the opponent squeezes the neck from the side, the movements used are counterattack by lifting the chin with the right arm and pushing the chin with the left batangson. You have to push and pull the jaw and hamstring at the same time.



#### Attack

- (GIHAP)
- Stand next to the defender and grab it.

Junbi



#### Counterattack

- Swing your left hand from behind to the front to grab the opponent's chin and push
- Raise the opponent's right ham with your right hand
- Backward georeoneomgigi
- Sit on the opponent's upper body and right elbow naelyeochigi (GIHAP)

## Pyongwon

### Practical use II

When the opponent comes in to grab it, counterattack with forehead front chigi, ankle georeoneomgigi and naelyeo jireugi. When tripping over the ankle, it is good to break the opponent's center by hitting the forehead and making the center of gravity move inward.



Jumbi



#### Attack

- (GIHAP)
- Hold the defender's shoulder with both hands.



#### Counterattack

- Hold the other person's shoulders
- Forehead apchigi
- Pull the right hand and push the left hand while kicking the inner ankle with the right foot (geoleoneomgigi)
- Left fist naelyeo jireugi (GIHAP)



## 2) Sipjin

Sipjin Poomsae refers to the ten traditional symbols of longevity of the sun, moon, mountains, water, stones, pine trees, bullocks, turtles, deer, and cranes. The Poomsae line is the sib character, which means the foundation of the ten longevity thought, the formation of infinite numbers, and infinite development by the decimal system. Depending on the number of ten longevity, there are 10 techniques of hwangsomakgi, sonbadag geodeuleo bakkatmakgi, eop-eunsonnal jjireugi, geodeuleo sonnal naelyeomakgi, bawimilgi, sonnaldeung hechyeomakgi, kkeuleolligi, chesdalijireugi, sonnal eosgeoleo naelyeomakgi and geodeuleo sonnaldeung bakkatmakgi.



Poomsae	Poomsae self Defense
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• In bawimilgi position, you can use both hands to block or counter attack the opponent.</li> <li>• Can move underneath your opponent and break the opponent's arm while on your shoulder.</li> <li>• Can hold the opponent with both hands and lift the opponent with your feet backwards by using the rotational force to sit down.</li> </ul>
<b>Poomsae I</b>	<ul style="list-style-type: none"> <li>• <b>Opponent right fist jireugi attack</b>  Right front right foot moditgi – bawimilgi(makgi) – Hold the opponent's right wrist with your left hand and face right elbow yeopchigi – Swing your left hand downward and grab it with your right hand – right foot axis clockwise turning and left front left foot moditgi – Sit under the opponent's arm, then stand up – Side step with your left foot to the left , pull it down and break it and georeoneomgigi – Twist opponent's wrist with both hands(biteuleokkeokkgi) – solar plexus right elbow naelyeochigi – Press the opponent's face and chest with both knees and twist the opponent's wrist(biteuleo nulleokkeokgi)</li> </ul>
<b>Poomsae II</b>	<ul style="list-style-type: none"> <li>• <b>When the other person grabs the shoulder from the side</b>  Left foot naeditgi – bawimilgi(chigi) – torso(stomach) right foot apchagi– apkkoaseogi – face aeungjumeog apchigi – Grab opponent's shoulder with both hands – Sit down, pull and lie on your back – Push the right foot against the opponent's abdomen and lift it back( Deoreoneomgigi) – Get on the opponent and face forehead naelyeochigi</li> </ul>



Poomsae	Practical use
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• By pushing with the hand striking the neck and pulling the foot with the closed hand, it can rotate in one direction and break the opponent's center.</li> <li>• When the other person is lying down, you can twist the other person's arm while bending it.</li> <li>• You can break the opponent's center by pressing the opponent's arm with the rotational force in one direction that occurs when you sit down and step back to one side.</li> </ul>
<b>Practical use I</b>	<ul style="list-style-type: none"> <li>• <b>Opponent two feet gathered left foot dollyeochagi attack</b>  Left front left foot moditgi – block with right arm naelyeomakgi and georeomakgi – left sonnal(hand blade) neck bakkatchigi – right foot naeditgi – raising the right arm and pulling the opponent's arm with the left hand right – right tripping over(da i georeoneomgigi) – sit back and hold your opponent's body with your knees, pull out your opponent's right arm with both hands, and press down your elbows.</li> </ul>
<b>Practical use II</b>	<ul style="list-style-type: none"> <li>• <b>When the other party holds the head with his left hand</b>  Hold the opponent's left hand with both hands and press it down and left foot apchagi– left foot back step and left dol–aditgi – after left dol–aditgi wrist biteuleo nulleokkeokgi – Press the opponent's back shoulder with the right knee and wrist nulleokkeokgi</li> </ul>

## (1) Sipjin Poomsae I

## Counterattack

- Right front right foot moditgi
- Two batangson bawimilgi



## Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Hold the opponent's right wrist with your left hand and right elbow face yeopchigi
- Swing your left hand downward and grab it with your right hand



- Right foot axis turning clockwise and left front left foot moditgi
- Sit under the opponent's arm, then stand up



- Step with your left foot to the left, pull it down and press it down and right foot georeoneomgigi



- Twist opponent wrist with both hands(wrist biteuleokkeokgi)



- Right elbow solar plexus naelyeochigi



- Pressing the opponent's face and chest with both knees and twisting the opponent's wrist (wrist biteuleo nulleokkeokgi) (GIHAP)



### Point

Sipjin Poomsae technique is uses, and the motions composed of bawi milgi, wrist yeopchigi, georeoneomgigi, wrist naelyeochigi and biteuleo nulleokkeokgi. Use the lower weight shift to break the opponent's center while breaking the arm, and the side weight shift to walk over the opponent's leg. Use the lower weight shift to break the opponent's center while breaking the arm, and the side weight shift to trip over the opponent's leg.

## (2) Sipjin Poomsae II

## Counterattack

## Attack

## Taebeol



- (GIHAP)
- When the other person grabs the shoulder from the side
- Stepping with your right foot and holding your shoulder with your right hand

- Left foot dol-aditgi
- Bawimilgi(chigi)



- Right foot torso(stomach) apchagi



- Front kkoaseogi
- Right deungjumeog face apchigi



- Grasp opponent's shoulder with both hands and pull



- Hold the opponent's shoulder with both hands

- Sit down, pull and lie on your back
- Lifting back while pushing the right foot against the opponent's abdomen (Deoreoneomgigi)



- Sit on top of the opponent



- Forehead naelyeo face chigi (GIHAP)



## Point

The Sipjin Poomsae, and the motions use consist of bawimilgi, kkoaseomyeo deungjumeog apchigi, lifting the opponent with a leg(Deoreoneomgigi). When holding on to each other, you can use the power of your body to momentarily sit back and lift your opponent back.



## Sipjin

### Practical use I

When the opponent kicks with two feet gathered dollyeochagi, counterattack with naelyeomakgi(georeomakgi), sonnal bakkatchigi, georeoneomgigi, and dang-gyeo biteuleokkeokkgi. When tripping over, you have to do that by lifting the leg you caught.



Junbi

#### Attack

- (GIHAP)
- Left foot two feet gathered dollyeochagi



#### Counterattack

- Left front left foot diagonally stepping, block downward with right arm and neck left sonnal(hand blade) bakkatchigi
- Stepping with the right foot and lifting the right arm while pulling the opponent's arm in front of the left hand
- Trip over with right leg and crush the face with the left foot(Jitjjiki)
- Sit back and fix the opponent's body with your knees, pull out your opponent's right arm with both hands, and press down the elbow. (GIHAP)

## Sipjin

### Practical use II

When the opponent grabs the head, counterattack with apchagi, wrist biteuleo nulleokkeokgi and shoulder nulleokkeokgi. The opponent's hand holding the head must be fixed with both hands on the head.



Junbi



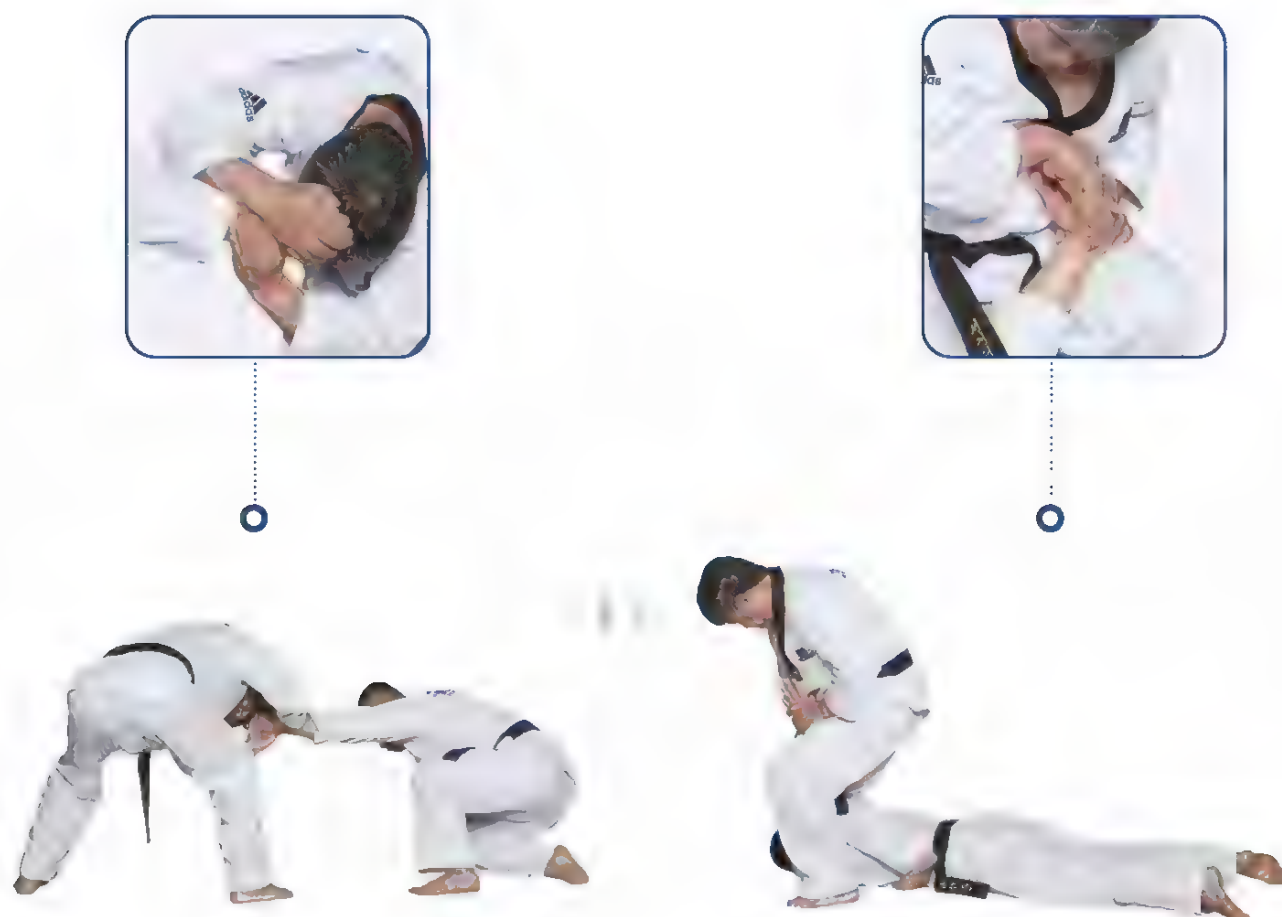
#### Attack

- (GIHAP)
- Hold the defender's hair with left hand



#### Counterattack

- Hold the opponent's hand with both hands and fix it
- Press it downward and downward left foot apchagi



### Counterattack

- Left foot stepping back left dol-aditgi
- Wrist biteuleo nulleokkeokgi
- Press the opponent's shoulder with the right knee and wrist nulleokkeokgi (GIHAP)



### 3) Jitae

Jitae Poomsae means that a person on the earth stands on both feet toward the sky. The life in which people kick, step on, and run on the ground, the base of their lives, and the various aspects that appear in such a survival competition are woven into motion. Poomsae line 'ㄱ' is the image of a person standing on the earth and rising toward the sky from above, meaning a born, grows, and dies from the earth. The new techniques are sonnal(hand blade) ollyeomakgi, Keumgang jireugi and mejumeog pyojeok(target)chigi



Poomsae	Poomsae self Defense
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• You can grab the other person's head, fix it, and hit it with mejumeog.</li> <li>• You may crush the person's face with the heel of your foot.</li> <li>• You can knock the other person down by lifting both legs.</li> </ul>
<b>Poomsae I</b>	<ul style="list-style-type: none"> <li>• <b>Opponent right fist jireugi attack</b> Left foot naeditgi – left an-pa mok anmakgi – right mejumeog face(cnin) anchigi – right foot naeditgi – Swipe shoulders while pulling the opponent's ham with both hands – stomach or balls right foot Jitjjiki</li> </ul>
<b>Poomsae II</b>	<ul style="list-style-type: none"> <li>• <b>Opponent two feet gathered left foot dollyeochagi attack</b> Left foot stepping back right sonnal(hand blade) naelyeomakgi – downward(stomach) left foot apchagi – right mejumeog face pyojeok(target)chigi – Push the opponent and tripping over right leg(dali georeoneomgigi) – left foot face Jitjjiki – Fix the opponent's neck with both legs and break the elbow(e bow nulleokkeokgi)</li> </ul>
Poomsae	Practical use
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• You can escape from the handheld by the opponent with your body strength.</li> <li>• You can lift opponents with your body strength.</li> </ul>
<b>Practical use I</b>	<ul style="list-style-type: none"> <li>• <b>When the opponent grabs the collar with both hands</b> Turn the left foot counterclockwise on the right foot axis and remove the opponent's hand with the force of the body – Raise your body and face forehead apchigi – Bow down and embrace the opponent's right leg – Lift the opponent's right foot(Deoreoneomgigi) – downward(balls) right knee Jitjjiki</li> </ul>
<b>Practical use II</b>	<ul style="list-style-type: none"> <li>• <b>When the other person chocks with both hands</b> Holding the back of the opponent's left hand with your left hand – right foot axis counterclockwise left foot dol-aditgi – right elbow yeopchigi – Raise your right arm and grab it with your opponent's left arm armpit – Step on the right foot and break with the opponent's elbow with weight ( nulleokkeokgi)</li> </ul>



## (1) Jitae Poomsae I

### Counterattack

### Attack

#### Jitae



- Left foot naeditgi
- Left inner wrist anmakgi

- (GIHAP)
- Left foot naeditgi
- Right fist jireugi



- Right mejumeogan  
face(chin) chigi



- Right foot naeditgi
- Pulling opponent's ham  
with two hands shoulder  
Mireoneomgigi

### Point

The technique of Jitae Poomsae use, and the technique used is to counterattack with anmakgi, mejumeog anchigi, Mireoneomgigi and Jitjjiki. When pulling over the ham, you have to push it with your shoulders and pull it out.



- Right foot stomach or  
groin Jitjjiki  
(GIHAP)

#### End

## (2) Jitae Poomsae II

## Counterattack

## Attack

## Jitae

- Left foot stepping back  
right sonnal(hand blade)  
naelyeomakgi



- (GIHAP)
- Left foot two feet gathered  
dollyeochagi

- Left foot  
downward(stomach)  
apchagi



- Right mejumeog face  
pyojeok(target)chigi



- Pushing the opponent  
right leg georeoneomgigi



- Left Foot face Jitjjiki



- Fix the opponent's neck with two legs and elbow nulleokkeokgi (GIHAP)



## Point

Using Jitae Poomsae's technique, counterattack with naelyeomakgi, apchagi, me-jumeog pyojeok(target)chigi, geoleo neomgigi, Jitjjiki and nulleokkeokgi. When crushing and breaking the elbow, the weight that is leaned forward after crushing lifts the opponent's back and arms using the copper, and after fixing the neck with both legs, press the elbow to break.

## Jitae

### Practical use I

When the opponent grabs the collar with both hands, counterattack with forehead apchigi, leg deuleo neomgigi and knee Jitjjiki.



Junbi

#### Attack

- (GIHAP)
- Hold the defender's collar with both hands..



#### Counterattack

- Turn the left foot counterclockwise on the right foot axis and remove the opponent's hand with the force of the body
- Raise your body and face forehead apchigi
- Low down and embrace the opponent's right leg.



### Counterattack

- Opponent's right foot Deoreoneomgigi
- Downward(ball)s right knee low groin Jitjjiki (GIHAP)



## Jitae

### Practical use II

When the opponent squeezes the neck with both hands, counterattack with elbow yeopchigi and nulleokkeokgi.



Junbi



#### Attack

- (GIHAP)
- Squeeze the defender's neck with both hands.



#### Counterattack

- Holding the back of the opponent's left hand with your left hand
- Right foot axis counterclockwise left foot dol-aditgi



### Counterattack

- Right elbow yeopchigi
- Raise your right arm and grab the opponent's left arm under the armpit
- Step on the right foot and press the opponent's elbow weight.(nulleokkeokgi)  
(GIHAP)

#### 4) Chonkwon

Chonkwon Poomsae means the great power of the sky, which is the foundation of all things and the universe itself. The infinite power of heaven represents creation, change, and completion, and Chonkwon Poomsae was established based on the grand history and ideology that originated from the founder of the Korean people, the Heavenly King Hwanin. Poomsae line 'ㅌ' means a person who descends from the sky, a person according to the will of the sky, a person who receives strength from the sky, a person who supports the sky, and a person with the sky. It is characterized by large movements and gentle curves of arm movements. New techniques include snalgaepyeogi, bamjumeog chijireugi, hwidulleomakgi, hwidulleo jab adang-gigi, Keumgang-yeopjireugi, taesanmilgi, balnaldeung anchagi and jajinbal as a step.



Poomsae	Poomsae self Defense
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>You can lift the opponent over by pulling the opponent's arm while lowering the center of gravity.</li> <li>You can hit the opponent with your elbows using your weight.</li> </ul>
<b>Poomsae I</b>	<ul style="list-style-type: none"> <li><b>When the other party comes in to grab the shoulder with both hands</b> Back of sonnal(hand blade) hechyeomakgi right foot naeditgi two fists flipped jireugi Hold the opponent's right wrist with your left hand and turn the right foot axis counterclockwise(awidol-aaitgi) Go under your opponent's right arm, hang it on your shoulder, and lift it(Deoreoneomgigi) – Right fist naelyeo face jireugi</li> </ul>
<b>Poomsae II</b>	<ul style="list-style-type: none"> <li><b>When the other person holds the wrist with both hands</b> Right front right foot moditgi – right sonnal(hand blade) naelyeochigi – left wrist piteuleoppaegi – left sonnal(hand blade) naelyeochigi – pull out right wrist – (opponent face dollyeojireugi attack) – Left bakkatpalmok face bakkatmakgi – right fist jireugi Pull down the opponent's neck with your right hand and right knee ollyeochigi – back right elbow naelyeochigi</li> </ul>

Poomsae	Practical use
<b>Training Objective</b>	<ul style="list-style-type: none"> <li>• You can escape from the opponent's shoulder-grabbing hand with the force of your body turning back.</li> <li>• You can use your weight to suppress the opponent from moving.</li> <li>• You can hold your arms and neck together and tighten them.</li> </ul>
<b>Practical use I</b>	<ul style="list-style-type: none"> <li>• <b>When the opponent grabs the shoulder from behind</b> While turning the left foot axis clockwise, hold the opponent's right wrist with the right hand and press the opponent's triceps with the left hand blade. – Step on your left foot and break your elbow with your weight – Press the opponent's back shoulder with the left knee</li> </ul>
<b>Practical use II</b>	<ul style="list-style-type: none"> <li>• <b>When the opponent grabs the shoulder from behind</b> The right foot axis turns counterclockwise and moves under the opponent's armpit. Hold the opponent's right arm and neck with both arms at the same time to tighten –opponent right ham georeoneomgigi –Press and hold the other person with your weight</li> </ul>

## (1) Chonkwon Poomsae I

## Counterattack

- Left foot mulleoditgi
- Back of sonnal(hand blade) hechyeomakgi

## Attack

- (GIHAP)
- Stepping right foot and grabbing shoulders with both hands

## Point



- Right foot naeditgi
- Two fists flipped jireugi



- Hold opponent's right wrist with the left hand and right foot axis counterclockwise dwidol-aditgi
- Go under your opponent's right arm, hang it on your shoulder and Deoreoneomgigi



## Point

It uses the movements of the Chonkwon Poomsae, and the techniques used are counterattacks with hechyeomakgi, two fists flipped jireugi(using chestnut fists), Deoreoneomgigi and naelyeojireugi

- Right fist naelyeo face jireugi (GIHAP)



## Point



## (2) Chonkwon Poomsae II

Counterattack

Attack

태권도



- (GIHAP)
- Holding the wrist with both hands



- Right front right foot moditgi
- Right sonnal(hand blade) naelyeomakgi(choemakgi)
- Left wrist biteuleoppaegi



- Left sonnal(hand blade) naelyeomakgi(choemakgi)
- Pulling out right wrist



- Dollyeo jireugi face attack

- Left bakkatpalmok face bakkatmakgi
- Right fist jireugi

- Pull down the opponent's neck with your right hand and right knee ollyeo chigi



- Right elbow back naelyeochigi (GIHAP)



### Point

Using the technique of Chonkwon Poomsae, counterattack with sonnal(hand blade) naelyeomakgi, knee ollyeochigi and elbow naelyeochigi.

## Chonkwon

### Practical use I



Junbi



#### Attack

- (GIHAP)
- Stepping right foot, grab defender's shoulder with right hand



#### Counterattack

- While turning the left foot axis clockwise, hold the opponent's right wrist with the right hand and press the opponent's triceps with the left hand blade.



### Counterattack

- Stepping with your left foot and breaking your elbow with your weight (elbow nulleokkeokgi)
- Pressing the opponent's back shoulder with the left knee (GIHAP)

## Chonkwon

### Practical use II



Junbi



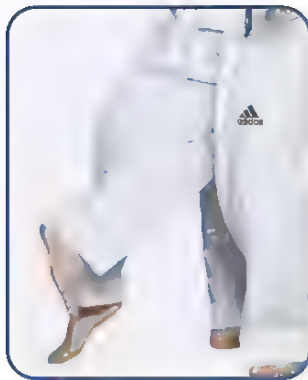
#### Attack

- (GIHAP)
- Step right ahead and grab the defender's shoulder with your right hand



#### Counterattack

- The right foot axis turns counterclockwise and moves under the opponent's armpit
- Hold the opponent's right arm and neck with both arms at the same time to tighten



### Counterattack

- Opponent's right ham georeoneomgigi with right foot
- Pressing and holding the other person with your weight (GIHAP)





## 2.

## Situational Self Defense II

1) Situational one  
step sparring 1

Counterattack

Attack

Jumbi



- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right fist solar plexus jireugi



- Hold the opponent's wrist and low right foot apchagi



- Right elbow back naelyeochigi
- Locking the opponent's neck and arms from the outside to the inside
- (Action of locking the opponent's uvula with the radial area) (GIHAP)



## 2) Situational one step sparring 2



Counterattack

Attack

Jeonbi



- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Stomach right fist uppercut jireugi



- Right elbow chin ollyeochigi



- Hold the attacker's wrist with your left hand and press the attacker's triceps with your right blade to pull it back and knock it down.



- Pressing the opponent's back shoulder with the knee (GIHAP)



Jeonbi

### 3) Situational one step sparring 3



Counterattack

Attack

Jamsil



- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Neck right sonnal (hand blade) anchigi



- Hold and press the opponent's head and face knee ollyeochigi



- Pulling the arm and pushing the face and right foot tripping over (dali georeoneomgigi)



- Press the other person's shoulder with the knee to joint lock the wrist joint. (GIHAP)



Duro

#### 4) Situational one step sparring 4



Counterattack

Attack



- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right sonnal(hand blade) neck bakkachigi



- Right knee face solar plexus ollyeochigi



- Lower the center and press the opponent's triceps with the hand blade to pull forward and fall



- Press the other person's shoulder with the knee to joint lock the wrist joint (GIHAP)





## 5) Situational one step sparring 5



Counterattack

Attack

Jirugi



- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right ageumson neck apchigi



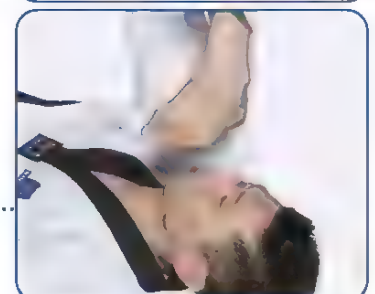
- (GIHAP)
- Right foot naeditgi
- Right fist jireugi



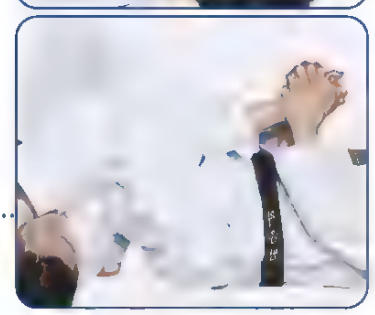
- Pulling the caught hand and tripping over (dali georeoneomgigi)



- Face Jitjjiki



- Pulling the other arm and tightening the entire arm inside both thighs
- (At this time, the attacker's thumb is facing up) (GIHAP)



Buro



## 6) Situational one step sparring 6



Counterattack

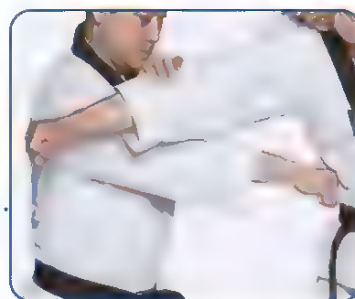
Attack

Level 1



- (GIHAP)
- Right foot naeditgi
- Fist right jireugi

- Front left foot left moditgi
- Batangson left anmakgi
- Right fist side jireugi



- Right foot stomach  
dollyeochagi



- Right foot ankle  
dollyeochagi



- Left foot face Jitjiki  
(GIHAP)



Level 2

## 7) Situational one step sparring 7



Counterattack

Attack



- Front left foot left moditgi
- Batangson left anmakgi
- Right uppercut side jireugi



- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Hold your wrist and block the triceps with your left hand blade



- Move behind the right foot and knock over



- Push the shoulder joint by pressing it with the other's knee



Elbow

## 8) Situational one step sparring 8



Counterattack

Attack



- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Front left foot left moditgi
- Batangson left anmakgi
- Back of sonnal(hand blade) right apchigi



- Place your right foot on the side, lower the center, and go under opponent's armpits.
- Erect your upper body while holding your opponent's neck and arms from the outside to the inside. (GIHAP)



Return

## 9) Situational one step sparring 9



Counterattack

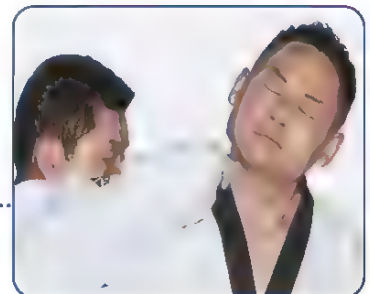
Attack

Jumagi



- (GIHAP)
- Right foot naeditgi
- Fist right jireugi

- Front left foot left moditgi
- Batangson left nulleomakgi
- Right elbow face dollyeochigi



- Wrap the opponent's neck and arms from the outside to the inside while tightening and erecting the upper body. (GIHAP)



Daejeon

## 10) Situational one step sparring 10



Counterattack

Attack

Jirib



- (GIHAP)
- Foot right naeditgi
- Fist right jireugi

- Front left foot left moditgi
- Batangson left nulleomakgi
- Right batangson face(chin) apchigi



- Go back and wrap your arm around the opponent's neck from behind to front (GIHAP)



Jirib




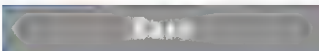
## 3.

## Self-defense for other martial arts

1) How to defend yourself when the other person throw over you over (how to defend for knock over)

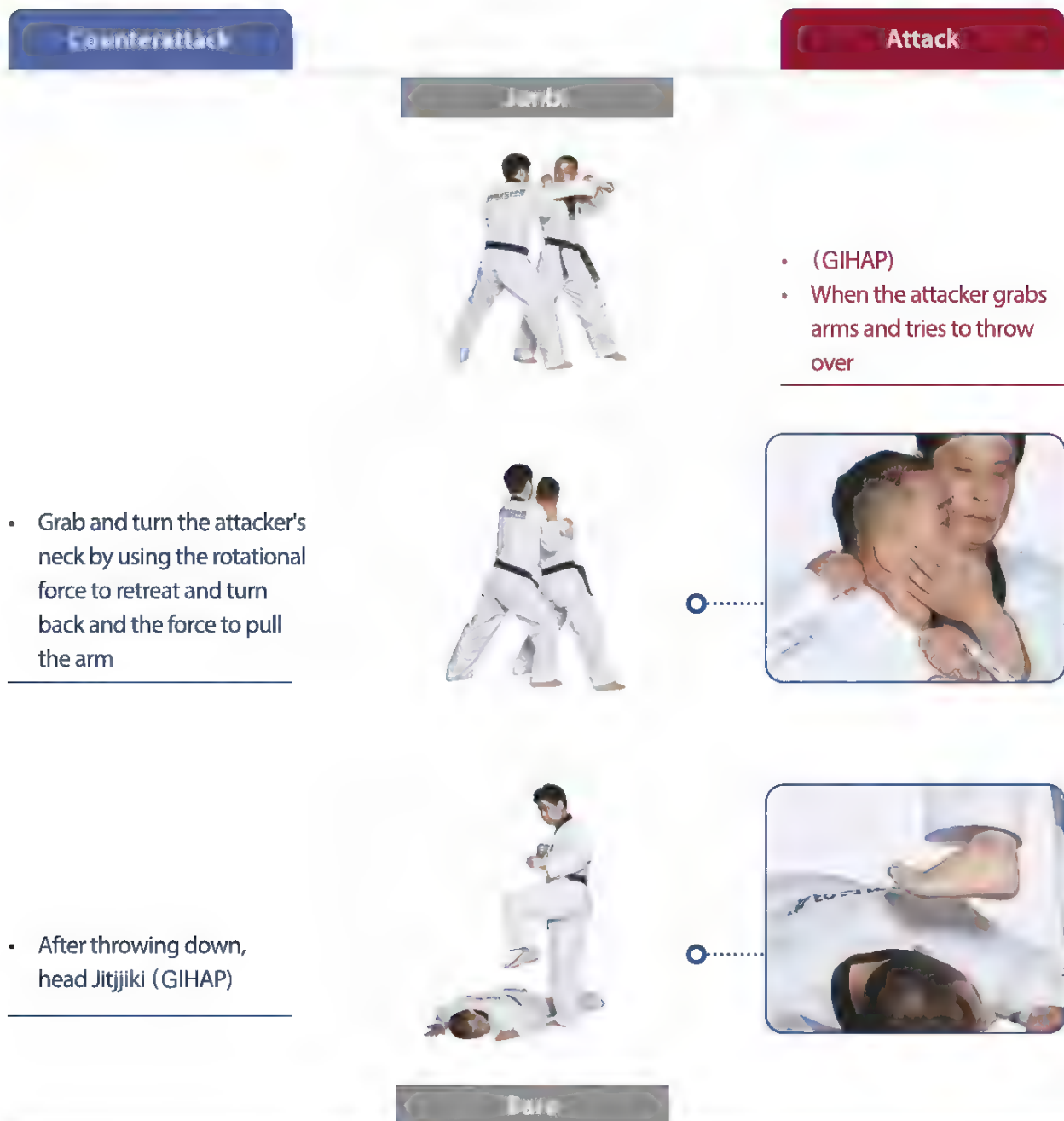


① Counterattack for knock-over with kicking hamstring

Counterattack	Attack
	
	
<ul style="list-style-type: none"> <li>Stand back and hold the other arm.</li> </ul>	<ul style="list-style-type: none"> <li>(GIHAP)</li> <li>When trying to grab the defender's arm and pull it up</li> </ul>
	
<ul style="list-style-type: none"> <li>Close the gap with the attacker and kick the hamstring</li> </ul>	
<ul style="list-style-type: none"> <li>After knocking over, face naelyeojireugi (GIHAP)</li> </ul>	
	



## ② Counterattack on throw over with grabbing the neck and turn over



### ③ Counterattack on georeoneomgigi with dollyeo neomgigi

Counterattack

Attack

Jumbi



- (GIHAP)
- When an attacker grabs it with both hands and tries to take you down

- Grasp both arms of the attacker, lift the leg that is caught, and use the attacker's vain footing to push it in one direction and turn it over.



- After taking down over face naelyeojireugi (GIHAP)



GIHAP

#### ④ Counterattack against holding the waist with pressing the nape of the back 1

Counterattack

Attack

Jabul





- Back away and press the nape of the attacker with both hands and press it down..



- (GIHAP)
- When the attacker runs, lowering his posture to hold the waist with both hands

- Head knee naelyeochigi (GIHAP)



Baeu

## ⑤ Counterattack against holding the waist with pressing the nape of the back 2

Counterattack

Attack

Jumbi



- (GIHAP)
- When the attacker runs, lowering his posture to hold the waist with both hands

- Back away and hold the attacker's waist with both hands and press it with your weight.



- Use your weight to block it (GIHAP)



GIHAP

## 2) How to Defend When Your Opponent sitting on top attacks (How to defend against lying position)

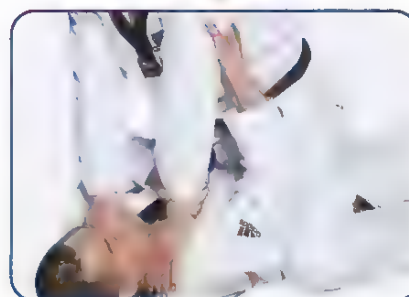


### Counterattack against strangled from above

- (GIHAP)
- Sit on the defender in a supine position and squeeze the neck.



- (GIHAP)
- Hold the attacker's wrist with your left hand and the attacker's shoulder collar with your right hand.



- Use the momentary lower body recoil to turn it over.



- Hold the attacker's belt and bow down to defend.



- Thigh right elbow naelyeochigi
- 



- Thigh left elbow naelyeochigi
- 



- Right elbow solar plexus naelyeochigi
- 



- Forehead torse Naelyeochigi
- 



- Come out from the attacker by twisting body while pressing the attacker's wrapped leg with right elbow.
- 





- Turns your body face down on the upper body to prevent the attacker from raising the upper body.
  - Hit the face with your left elbow.
  - One leg of the attacker is still caught
- 



- Hit the thigh with the right elbow.
- 



- Pull out the leg by pushing the attacker's knee out with the palm of your hand.
- 



- Sit on top of the attacker and counterattack the opponent by choking.
- 



# **IV**

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세계태권도연수원  
WORLD TAEKWONDO ACADEMY

#### Self-defense

Increases self-confidence through training and gains practical experience through training competition(gyeorugi).

